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June 24 1675

I ram in to thes nowe houes to
bewel in Chr: Maddison

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Stuff

AO

Cookery & Medical Recipes

IHS

Ms Codex 252

The Wound Drinke

Gather thois Hearbs following in ye Monet of May & drye them in a close Roome from the Aire, & turne them once a daye, till they be drye, then put them in a Canvas bagg, & keepe them all the yeare.

When you use this drink to any ould sore eather serence it or wash the sore with it and yet let the patient drinck of it as followeth.

Southerne wood	Ribwort	Bramble buds
Wormewood	Whitebottles	Wild Angelica
Bugles	White daysies & roots	Mintes
Mugwort	Honysuckels	Scabions
Woodbitanie	Avens	Strawberrie leaves
Sanacle	Hawthornebuds	Violett Leaves
Plantane	Egrimonie	Comfrey
Dandelion	Oaken buds	Sinibefeild

Take of thois hearbes 3 handfull & put them into a Quarte of White wine & a pottle of pure spring water, & boyle them altogether untill halfe be consumd, then streane the Liquor from the hearbs & put into it a pint of English honie & boile it againe, & let it stand & coole, & soe put it into bottles, & stopp them close. Take of this drinke halfe a dozen spoonefull fasting everie morning & fast two houres after it & as much when yoe goe to bedd, If it be a great & dangerous wound & much inwardlie. This drinke will cure new wounds, & a Scares, Sore breasts, putrified bones causeing them to scale, Aches in the Stomack, Impostumes, Fistolowes. & it is a present remedie for stopping of blood, & many other good vertues.

A Drinke to prevent ye sickness or for a Surfett.

Take 3. pintes of Muscadine, a handfull of hearbe grace, & a handfull of redsage, & boyle them to a quarte, then straine out ye hearbs, & take halfe a quarte of an ounce of Ginger, & halfe a quarte of Nutmeggs, 3 cornes of long pepper bruisd altogether, & put it into ye drink & let it haue one boile up, then take it off, & put into it 2 pennworth of Metridatt & 4d of venice treacle wch is almost as much as a walnutt, then put in a quarter of a pinte of ye best Aquavitæ & so put it up, drinke of it 2 spoonefulls in a morning for prevention, & if yoe be sick take 3 spoonefulls in ye morning, & 3 at evening, & soe keepe yoe warme.

To cure the Spleene:

Take a quarter of an ounce of Geero-picro & make it into 4. pills with Sirropp of Violets, & take it either after supper, or in the morneinge two Pills a tyme.

An approued receipt for sore eyes:

Take a Stone called Lapis Calluminaris, wch is to be had at ye Apothecaries, & make it red hott in a Charcoale fire, then take a pinte of white wyne, & quench the Stone in a Litle parte of ye wyne, then put the Stone into the fire againe & quench it againe in some more fresh wyne, then take the remainder of the wyne wch was not used, & scrape the Stone small into it, then putt it into a little glasse, & when yoe use it, temper it well by shakeing it together, then take a ffeather everie morning & evening, & drop it into the eye, & use it as often as yoe please, for it will doe yoe eyes exceeding much good.

To cure the Palsey.

Take a quart of good Malmsey, another of Malacasacke, a handfull of Bayleaues, another of Rosemarie, a handfull of Sutherne wood, boile them all together on a still fyer from a Pottle to a quarte, if yoe use more wyne, then more hearbes. After it is full boyled take as broad a spoonge as yoe can gett, let ye Liquor be as hot as a hand can suffer it then dipp ye Sponge in the Liquor, & lay it all over the afflicted side as hot as yoe can suffer it, you shall need two spoonges because yoe must use it thrice at evening & thrice at morning for nine dayes together, be sure that yoe keepe yoe Chamber all those dayes, & after for some resonable space untill yoe bodye be settled, for cold is the greatest enemie, & doth weaken the Sinewes wch is ye cause of the Conbulsion or Palsey. you must bayth for halfe with two spoongs

Take halfe an ounce of Alloes, A quarter of an ounce of Masticke of ye clearest, & a quarter of an ounce of Agarick of ye whitest, & an ounce of ye Syropp of roses, & of red rose leaues dried to pouder ye quantetie of a Thimblefull, The Masticke & ye Alloes must be beaten to pouder, & ye Agarick must be grated & so mixed together in the Siropp, & made upp into small Pilles.

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Sarsaperilla & Sena of each 2 drams, Turbeti, & Hermodactili of each 3 drams, Betonica, cardo Sancto, Herba ina artrifica, of eache one drame & a halfe; species Aromaticorum rosarum one drame & a halfe, powder all these verye finelye & put them together, Ginger a drame & a halfe, make all these into an Electuarie wth a pound of Spanish Virgin honye well Scumed :/:

A Plaster to cure all Sores,

Take a pound of Sallett oyle, & halfe a pound of white leade, a quarter of a pound of red lead, 5 ounce of Spanish Sope; put them all together in an earthen pott well Leaded yt will hold six pints, Sett them upon hott Embres, encrease ye fire for an houre, & drop a little upon a table; & if it comes of it is boild enough, then take iiij ounce of Barrowes grease, & one penyworth of oyle de Barre, spread it upon a cantas & loath, this plaster helpeth all paines in ye back, or bodye, it kills ye wormes, & helps Biles or Hellons :/:

For a Sciatica

Take a Neates gall & as much of ye best Aquavitæ, 2d of Nort oyle, boyle them till they come to an oyle, & use it to ye place greived :/:

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A most pretious balme of Mr George Shepherd.

The Vertues.

It healeth any wounde in ward or outward being iniected inwardly and applyed outwardlie with lint and anoynting the adiacent ptes. It healpeth any burning or scalding or contution &c. It helpeth Catarrhes, and all affects proceeding from Cold moysture. It healpeth the headache annoynting the Temples and nostrills. It helpeth ye Collicke and stich. &c. Poyson and surfit ℥j being drunke sacke. Bitings of venemous beastes being drunke in warme milke. It preserueth against the plague. anointed about the nostrills. It Cureth all fistula, vlcers of all sortes as to a Cutt &c. The mesels being drunke ℥j in warme broth sweating vpon it. It kills vermine &c. It healpeth digestion anoynting the Nauell and Stomacke in Lectu. Curat februm ℥j drunk in warme broth.

Compositio

Recipe twoe handfull of greene j planteyne, vnsett time, balme, smalladge, valerian, incidantur then take waxe jli sebæ seruiuæ 2li simull contundetur seba cum herbis et stent in infusione. 24 howers boyle them j howe then the waxe and 4 ℥ venite turpentine and oyle j li sem: coquantur rursus omnia. preter teleto: then add of redd sanders 3 ℥ boyle it againe, add the turpentine first washe it with lb sem: of rose water then add oyle of hyper and of adders tongue ana 2 ℥ boyle it alitle lesurely. strayne it and stirr it till it be could seperando aquam et in vsum reponetur &c.

A Glister

Take a pynte and a halfe of water, a handfull of Camamill, a handfull of mallowes, a spoonefull of fennill seedes, a spoonefull of Cummine seedes boyle all this till it come to pynt then straine it from the hearbes and seedes, and put to it an ounce of sirup of violets. put it into the bladder:.

A posset Ale to expell agues.:

Boyle Camamill and fennill seede in posset ale made cleare on the fire, & drinke it warme.

A posset ale to cause sleepe.:

Make a pnit of Cleare posset drinke on the fire put in it halfe a spoonefull of grated bread & leaves of Cardus halfe a nutmeg sliced boyle these to geather a quarter of an hower then thicken it with a yolke of an egge sweeten it with white sugar Candie and drinke it warme when yo^u^ goe to rest.
If hee bee as hee was the last tyme let him smell to the squils:.

A plaster or scarecloth:.

Take halfe a pnite of sweete sallet oyle and set it over a soft fire. then take a quarter of a pound of white lead finely grome & scarced, and by litle and litle put the said pouder into oyle allwaies sturing it with splitter or sticke, take also a quarter of a pound of yellowe waxe and put it to the said oyle. and pouder allwaies sturring it the boyling when it is boyled enough. Thus you shall knowe. drope a litle upon a Could dishe and if it be well boyled it will worke like waxe. you must allwaies store it the Cooling till it be as thicke as creame. Then lay it on an oyled boord or plate and make it up in roules. and soe keepe it and use it at yor pleasure:.

To auoyd all mannor of Goutes:.

The first day of May or within seauen nightes after drinke a good draught of Bittonie fasting, & and yo^u^ shall not only be deliuered of the goute. but you shall haue the better health:.

Against the gout.:

Take of garlike the blad and seeth it in verie strong ale a potle and let it seeth untill all the Ale be almost consumed and then put thereto a peniworth of aquavite. and seeth it againe a litle more and lay it with a redd cloth to the place where the ache is as hot as the patient may suffer it.

For the Goute.

Venus Turpentine	iiij oz	xvjd
Litteridge of gould	iiij oz	vjd
Litteridge of siluer	iiij oz	vjd
Venus ceruse	iiij oz	viijd
Sallet oyle	xiij oz	iiijd
Yellow waxe	iiij oz	iiijd

A note to make the blake salue. first you must melt the waxe then you must put in the sallet oyle & boyle them vntill it be blacke, then put in the silver and let it boyle, then put in the gould and let it boyle all togeather a litle then put in the white pouder and let it boyle altogeather a litle while and then put in the Turpentine and soe soone as it doth boyle vp. put it presentlie into water then make it into roules.

Then you must get lambeskins dressed without or salt and pricke it full of holes and then spread it vpon so much as you haue occasion to vse.

An excellent oyle to heale any greene wound, and also for bruises straines. and wrenches. the best tyme to make it is June. called Olium magistrale.

the manner to apply it and the names of the deseases it cureth viz wounds, contusions, largabush, Jett, Cankers, paines of the raines, apostumes, hemrodes, ulcers, paine of ye fryntes, and goute & indifferently all manner of diseases.

Take old white wine of the best 2 pintes of oyle oliue 3 pintes mingle them both togeather, put into them all theis hearbes following being brused of the flowers & leaues of St. Johns worte. halfe a pound Cardus bedictus, Sage, valerian of each one pound infuse them into the wine and oyle 24 howrs then let it boyle on a softe fire till the wine be quite consumed sometymes stirring them. then strain it and set it on the fire agame and put into it j lb and a halfe of venus Turpentine then let it boyle agame the space of a quarter of an howre then put into it olibanum 5 ounces myrrhe 3 ounces dragons bloud j ounce put all theis into fine pouder and lett it boyle on a soft fire and when it is could put it vp into a glasse cover it with parchment prickt with holes then set it vp where it may come to the heate of the sonne for x dayes. and when you take it vp you must stope it closer.

To make Sirrop of vinigar viz. white wine vinigar.

Take halfe a pinte a white wine vinigar and twoe penney worth oss Englisse honey wth 3. slices of enula campane roote oss the weight of 12d boyle it to a sirrope and vsit. by Martyn Hill.

The receipt of the oyntment:

Take halfe a pound of the youngest bay leaues and halfe a pound of wormewood a li of red sage a li of Ru and gather them in the heate of the day picke them cleane but washe them not, shred them verie smale, then take three pound of sheepes suet verie newe without skins shred it verie small, put all to geather in a boale, beat them till one of them cannot be discerned from the other, then put them into an earthen pott well leaded, put to it a pottle of oyle olive, blend them togeather, stope them close with parchment and sheeps leather, set it in a Coole rome. 9. or 10. dayes. then take it forth and breake it into a brass pann, and sett it over a fire and let it boyle softly, one hower allwayes when it seeths stirr it. Then put into it 3 ounces of the oyle of spike and still styrring it Continually, boyle it another hower then straine through stronge Canvase and put it vp into gallie pottes stopped verie close with parchment and sheepes leather. it will keepe for many yeares:

The vertues of this oyntment.

It is good for scalding or burning in man or beast. Toothache, Sciatia, Goute, hardnes of the spleene, sinnes shrunke, any paine about the head or eares, stiches, Abes, Bruses, these I haue tryed by experience.:

A receipt of the oyntment which I sent:

Take of the Englishe white lillies the greatest leaues of them a handfull, picke them very faire, and shred them, boyle them in soe much Creame as will cover them over till the oyle bee greene then take the the pulse of them and applie it to the place greeued as warme as ye may endure it.:

A present remedie to cure the Seatica:

Take in June or July, 3 pintes of blacke snailes alias slugges prepare them 12 howres or more in an earthen pott wth a handfull of the herbe called Nipp. Then power them out into a glasse or bason & put to them 2 pintes of bay salte & with a bodkine or butchers pricke peirce them throught till they be all prickt through. In 6 howers standing you shall see the slyme of them turne to a cleare qualitie. Then power the snailes wth the salte altogeather into a bagg tyed vpon thend of a sticke of an ell long or more thrusting the one end of the sticke into the ground the other end scoring over a glasse in the sonne wth the bagg tyde at thend that the substance may drope into the glasse. preserue yt wch cumeth into the glasse and annoynt the place grieved wth that oyle by a fire side probatum est this oyle will last good 2 or 3 yeres. Probatum by Martyn Hill.

Certaine necessary Obserutions for health

Eschue lewd lust if thou be wise, hot spice and wine forbeare
Fly surfett, riot and excesse; and eke sweating long here.
Rawe fruits thy stomach will anoy: bewarе of drinking late.
Long watching with disorder howers, will soone impaire thy state.
Impatience is noe friend to health, a fretting irefull moode.
Will stirre ye vaines & hurt the braines and soone infect ye blood,.
Eate seldome of the salt and sower, the windy rootes eschewe.
The lemon and the Cowcomber will make thy stomach rewe.
The bale and bane of eyes and sight is Venus wind and fire.
Oft looking downe doth hurt them much, cold water they desire.
To rubbe, to combe, to stretch ye armes, if fasting that thou be,
To Body, head & spleene alsoe are wholsome things for thee.
Noone sleepe much sloth & sitting still, what breed they else but woe.
Whoe euer saw a sloth full man a healthfull bodie shewe.
To ache, to goute, to stone, to rume, to palsey Pyles and all.

A lazie body by decent, is subiect is subiect and most thrall
Vse Exercie then in measure and meane, if sound thou wilt be still.
But after sweate beware of could, for that will breed much ill.
Ware how thou sit or lye on ground, for yt thy ioyntes will lame.
The body drawes soone from the earth, that will corrupt ye same.
The early morning mountaine walkes. & eke ye running streame.
Refresh the wearied spirits of man, when Phebus shewes his beames.
But ware at night when deaw is fallen & Sun by course is set.
Then noysom ayre ere thou beware, will soone thy Corpes infect
A Pothecarie shopp of druggs let not thy stomach be.
Nor vse noe Phisicke till thou neede thy frinde aduiseth thee
Let seldome blood but when disease, or plurisies doe call.
But after Fifty yeares be past, then ware bleed not at all
Observe theise rules and lessons well, keepe necke and feete from colde
Soe maist thou liue by natures course, till yeares haue made the olde.

A reameadie against the goute.

If the same be extreame Take drops of Olibanum 4 oz. fine Rosine beaten and seaved 4 oz. Blacke pitch 4 oz. Sheepes tallow 2 oz. typt Cummine seede beaten. 1. oz. Labdanum. ~~beaten~~ 2. oz. Cloues beaten 2 drams Saffron beaten one drame, first set a brasse panne ouer the fire vpon a triuet, put in the rosen first and let it moalt softly, touch it not vntill it be moulten: when the rosen is melted, put in the labdanum, and the sheepes tallow after, then the pitch tutt in pcttes, and when these are melted take of your panne, After put in yᵉ cham- mine matt alitle betweene yᵉ fingers, clotes of saffron into a platter and mingle them all togeather very well and putt it on yᵉ toiuch ouer a gentle fire, but stirre it, and be sure to kepe it from running ouer into the fire, for Eit will be ready to doe, Then for yᵉ plaster. take sheepes shinns, perbe them full of little holes and soe sprtads it, (being reasonably warme) on the same, and soe it for yᵉ griefe: and if yᵉ will haue any pn= sprtads ni ballds or roll, straye a table stand before yᵉ mbadirne be tee told, and spread yᵉ table with oyle or sheepes tallow, and lay yᵉ plaister thereon: Then oyle yᵉ handes and you may vse it at yᵉ pleasure. This plaster sorbeth when the griefe is burning extreame wᵗʰ paine. But then alsoe should be added the powder of the ioint of the beast called ~~Tuk~~ Rhinoceros in this manner.

Take as much powder of it as will lye vpon a three pence to as much of the plaister as the bigenesse of a good walnut and mix the horne and plaister verie well together before it be spread vpon the leather.

A reamedie for the stone in the kidneys.

Take the hearbe called golden rode and drie it and beat it into powder as much as will lye vpon a grote and drinke it in the morning in halfe a pinte of white wine or in distilled milke if the hearbe be greene take the infusion of it in the same liquor. probatum est.

Another.

Take sperme wᵗʰ Eid a white stone found in leads mines & beating it to powder mingle there with powder of liquorish in a reasonable quantitie, and when the fitt of the stone is on yᵐ, take in white wine as much of that powder as will lye vpon a 3ᵈ, or a groate, this to be taken in the tyme of the fitt and not at any other tyme and if the bodie be costiue give a cliester.

A remedie against the stone of my Casene millere tak ond paior of bouse stones and pill of yᵉ outward skine and slise home in sondall peces but not a sonder and soson hom with thes hinges folowing fullᵗ an ounce of dat nutmegos long pepor Caro pepor ginie pepor whit pepor and boat hom to pouder soason hom all alik and bind hom to gether and lay hom at leuch in aun tunk in pot and drie hom to pouder in an ouen and boat hom tak filipendula rootes and hange hom in yᵉ chimni tonne till they be drid and beate them to pouder then tak a spoonfull of yᵉ powder and a quarter of a spoonfull of yᵉ rootes in a pint pott of whit wine or ale and drink it morning and euening two dayes after yᵉ full and two dayes before yᵉ full and at other times as you find fiting for yᵉ ston in yᵉ kidnys pround.

for the third tyme to Esarke, if he brooke it not any of these three tymes then Lord Jesu mercie upon him, for he
ofrays it, except they breake it out presently wth Esarde, and taking and breaking one of those give him not more that
night vntill the next day. And then also of the quantitie aganst if trase soe requier, as if a sow be tomming &
dot not readily come forth, nor let them drinke for the space of twoe howres or one long howre at the least
The order how to minister and wrist to him or them that art and must continow wth thy tie or ythe soe infected
or still remayne in the plate and thie infected,
To them give of yo electuary every twoe or three dayes for mutch as amounteth vnto the quantitie of half
a hazell nut vpon a knifes poynt. or if he or they can soe take it or in the pap of an apple or otherwise
as commonlie they take pilles, or in the aforesaid waters as before, and not to eate or drinke any thing for yo
space of one howre after at the least, and besides let him or them eate in the weeke drinke white wine mixte wth sallet
oyle a good quantitie, if they cannot for it helpeth the bodie mutch that take it, & dayly let them ayre them
selves and their howses wth frankinsence wch is of great force against the infection.
The order how to give it him that of necessitie must goe to the ythe infected or plate & not how to stay
Let him take of the Electuarie before his going soe mutch as containeth halfe a hazell nut vpon a knifes poynt
or otherwise as before sett downe, and let him ayre himselfe with frankinsence, observing all things as before
set downe, It will preserve, and defend him from infection by Gods grace and to ayre their himselfe
and cloathes as he or she goe out, and in this electuarie is also verie good and well approoved to be given to
any that sodenly fall sicke, and in sodden passions but not more to any sure then the quantitie
of a little hazell nutt vpon a knifes poynte or otherwise as before sett downe.

A most pretious oyle or balsome made by an Italian good to cure many infirmities.

Take a sallet oyle one quart, yellow waxe halfe a pownd, semit turpentine a quarter liquid storax 6 oz oyle of aspicon
2 oz naturall balsum 2 oz rosewater & plantine water, dragons bludd mumia, halfe a handfull of rosemary, halfe
a handfull of bayes sweete margerum one handfull. put the herbes dragons bludd mumia and yellow waxe into a
pipkine together, and set them on a soft fire and let them melt & boyle to geather leasurely, then take yo sallet oyle
turpentine, turpentine storaxe oyle of aspricon plantin water rose water & a quart of thundet water & put them into an earth
en pipkin & set them on a soft fire, and let them boyle a quarter of an howre then take it of the fire & put in yo naturall balsame
& sanders & give them a boyle & soe straine them into an earthen pott & let it stand till it be coole then take the water from
it & melt it againe and put it into yo pottes.

The flower of all oyntments that euer was made ::

It is soe called for that it is good for all these diseases following vizt for old soares or greene wounds for it cleanseth well & ingendreth flesh & healeth more in one weebe then all other doth in a moneth neither doth it suffer corruption in a wound nor euill flesh to be ingendred therein and it is good for the Headach the singing in ye braine impostumes in the Head or body bellowing in ye eares, synnewes that are shrunke straynes or wrenched, it will drawe out a thorne or broken stubb in a wound it is good agauist the bytnig of any venemous beast, good agauist botches, fistuleis, Canker, noli me tangere. yt draweth out all maner of aches out of the liuer, the spleene and ye raynes, it breabeth impostumes, it easeth the menstruous, it is good for the emrads & healeth them faire & is thus made as followeth.

For the Seatica put into 6 spoones full of this salue 6 drapp of Spirrit of Rose mary warme your hand and chafe it in on the place greiued. it is good for any numnes or aches proceeding from a coold cause. keeping the place very worme wth a wild Catts skin.

Tabe rosin & frankensense of each ~~d~~ & beate the rosin into fyne powder and ye frankensence if it be ould & britle or els cutt it small, tabe virgins wax a quarter ℔ & slice it thinn tabe also rosemary a quarter ℔ & mabe it in fyne powder and Camfere 2. drams beaten small, then tabe a skillet or pann and first putt in yor wax sett it over a soft fier untill it be well molten, then putt in yor rosin & melt it, then putt in yor frankinsence & melt it but lett it boile as litle as may bee for fuming away the finest pt of ye gums when all is molten tabe it from ye fier & loobe if there bee any druggy substance in it if there bee then straine through a strainer, if not powre it into a pann wherein yo^u haue putt a potle of white wine & whilst it is yet warme putt in yor powder of rosemary & stirr it wth the gums so as it may ~~bee~~ all cleaue unto them, then sett it to ye fier and boyle it untill the wyne be consumed but yo^u must stirr it well wth a slice that it cleaue not to the pann when yo^u thinke it is boyled soe that the wyne be consumed yo^u shall try by putting a litle into the fier, if it sparkle it is not consumed but soe soone as ye wine is wasted suffer it to boyle noe longer for loosing the best of yor gums but tabe it of the fier & putt in yor Camphere and stirr it well till it be halfe could then put into

into it a quarter of a l of venice Turpetine & stirr it still till it be could then putt sallett oyle thereto soe much as will bring it to an oyntmt & so keepe to yor use as ye best that can be made. The use of this oyntmt is to annoynte the place greeued and to keepe it very warme wth Cloathes, but wthout the oyle this Oyntmt is a good searge cloth.

A water for sore eyes. Probatum.

Gather in the Moneth of May before ye sonn riseth of the dew of the greene barly wth a cleane sheete to the quantity of a gallon putt thereto a quarter of an ounce of white Copperis and as much white salte boyle all this togeather till it wast to a pottle then lett it coole, & then putt it in a glasse & stopp it close and dropp one dropp thereof into the sore eye every morning & euening. This water will continue good a whole yeare.

An oyntment for Children yt are broken.

Take the leaues of Tamfery 3. handfulls of ye leaues & rootes of daysies. 2. handfulls of ashen budds wch are ye black budds of the topps of the ash broughes in the beginning of the spring before the greene leaues appeare a quart, and of the leaues of Persoliatum a handfull, shred them very small & boyle them in 3.l of deare suett in a pott sett in a kettle of water for the space of 3. or 4. houres then strayne them forth and keepe this oyntmt for yor use.

When you use it lay ye Child upon his back by the fier melt a litle of the oyntmt in a sawcer wth a litle very strong aqua vitæ & anoynt the place very well wth a warme hand use it once a day & lett him weare a trusse wch must not be taken of but at his dressing.

Proued often.

For the Morphew black or white.

Tabe verdigrease and sulphur of each an ounce bray them both very fyne then tabe 2 sheepes beads that are fatt, flea them and tabe out their braines cleane and boyle them untill they be tender, lett them stand untill the next day, then tabe ye fatt and mingle well the powders therewith and keepe it cold.

The sick must be annoynted against the fier at night and in ye morning wash it with vinegar. use it.

To strengthen bones newly sett in ioynt.

Tabe the inner rinde of the Elder tree & the rootes of Pamphery like quantity shaue them very finely & chopp them small mixe them with the yolbe of an egg. use it.

To clense a wounde or eate away dead flesh.

Tabe Egiptiacu and Veraseos of each an ounce mingle them well togeather.

To cure any sore bruse in thrise dressing where there is no wound withall.

Tabe the white of an egg, oyle of mertills powder of mirtills of each halfe an ounce mix them, beate them well togeather, then tabe towe & dippit in water & vyneger warme, wring it hard, then spread on the liniment and apply it to the bruse.

For the Morphew probatu. Mr. Stephens:

Take a handfull of fumetary, halfe a handfull of Agrimony, halfe a handfull of speere Mint and halfe a handfull of browne sage & make them cleane wth a dry cleane cloth, els wash them very cleane, take also a pretty quantity of Polipodiu of ye oake, ferne rootes well scraped, & clensed, a good spoone full of Anniseeds & a good spoonefull of liquoras scraped & pounded or bruised & boyle all these togeather in a pottle of good clarified whay till it come to a quart then strayne ye liquoras & putt it into a stone cupp or glasse well stopped, & drinke thereof every morning fasting a reasonable good draught, & fast an howre or more after it. It is best to be taken in the spring, but chiefely in May, & must bee used three or fowre weekes togeather every morning.

A salue for a burne.

Take deere suett, yellow wax, May butter of each ye like quantity, boyle them all sallett oyle till they are well mingled togeather putting in a litle litle Camphere when it is boyled take it off & putt it into a bason, & beat it wth snow water probatum.

An approved medicine for ye stone, let of urine strangury & passion att griawing in the belly.

Rt of powder of broome 2. drams seeth it in ould white wyne & drinke it fasting. It breaketh the stone, purgeth the grauell of the reynes & swageth ye lett of uryne, and ye ach of the wombe.

A pretious oyle:

Take of the leaues of Cardus Benedictus 4. ounces, the flowers of Hipperion called St Johns wort 4. or 5. ounces, the rootes of Valerian 4. ounces, Simphati or Consolida Maior 3. ounces. Lay all these to steepe in white wyne 24. howers att the least, the longer the better, then seeth it in a new earthen pott, & hauing sufficiently boyled presse out the ioyse of the Yearbes wth the white wyne betweene yor Lands. Then putt to ye said ioyse and wyne 3^d weight of sallett oyle of the best & oldest that may bee gotten, & lett it soe boyle togeather till all the wyne bee consumed, and onely ye oyle remayning. Then take of Turpentine 6. ounces, of Mirr, Incense, & Mastick of each ij ounces and beate these 3. powder very fyne, & then putt them togeather wth the Turpentyne into the oyle whilest the oyle boyleth and stirr alltogeather a litle while, and take it quickly from ye fire, or els it will wax hard & thick. And then lett it stand 15. dayes att the least before yo^u vse any of it, for then it wilbe good & perfect, and wilbe of colo^r somewhat reddish.

Note that when yo^u will heale any wound wth this oyle, yo^u must first shower the wound wth a litle white wyne, being first made lube warme, then powre a litle of the said oyle alsoe Lube warme into the wound, & vppon the wound lay a lynnen cloath wett in the said oyle, & ouer that an other lynnen cloth of a groser and thicker cloth wett in white wyne lube warme, and soe bynd it that it doe not fall off from the Poore, and in fewe dayes it shalbe whole if it be a wound curable.:.

To the wound yo^u shall not need to vse ~~ayntent~~ any tent, nor euer shall yee see any dead flesh about the wound. And this is most true.

To make a pretious oyle called the goulden oyle, good for all manner of Aches and bruses and for the goute.:

Take a handfull of sage, of neate smallage, lauender, Sothernwood, wormewood, Rosemary, Roseleaues, Lauender cotton, featherfewe, tansey, mynce, Camomyle, tyme, Cabe of Jerusalem, Cowslipp, pennyroyall, Verben, Sauory, Ysope, Margerome, Balme, Mince of Romana, that is a white minte, marigould. priany leaues, dasy leaues, bay leaues, dill of each one handfull. bray them in a morter, then putt them in a fayre vessell of glasse and putt thereto oyle oliff the best that you can finde a pottle or more if it bee need, then lett the vessell stand in the sunn a Moneth, then putt it forth into a fayre panne, then sett it vppon a soft fire, and lett it seeth softly and stirr it still, then putt thereto a quart of whyte wyne the best you can finde, then lett it seeth softly till the wyne bee wasted, then take from the fire, and lett it coole, then strayne it through a lynnen cloath, and putt it into glasses and vse it.:

For a Corne.:

Hayre it very neere, then cutt a black snayle in twayne, and bynde it to yo toa and it will heale it in a night.:

For ye grauell or lett of vrerine

Take oyle of Ruburbe and anoynt ye party from ye nauell downwards it will gate ease presently, heat ye oyle vse it as hott as may be suffered

A noate of the Hearbes and how to sese them for a fistula:

Sanarbell. 3.
Bougle - 3.
Avines - 1.
Bittony - 1.
Dumfra - 1.
Mugwort - 1.
Dasey leaves. 1.
Bramble topps 1.
Spredwell. 1.

You must take of these 2. foremost hearbes of each 3. good handfull, & of each of the other Hearbes one good handfull a peece, then wash them, and pick them very cleane, and soe shredd them very small alltogeather & putt them into a pott, and putt to them one gallon of spring water, soe couer yor pott wth some dish, and past it about the edges very close, then sett them on a soft fire, & lett them boyle 7. howers till it be consumed to 3. pints or one pottle att the most, then straine yor liquo^r from the Hearbes, and make yor pott very cleane, & putt yor liquo^r into it againe wth one quart of white wyne, & boyle them togeather halfe an hower, then putt one pint of hony into it, or asmuch as will sweeten it for yor tast, and lett y^t boyle very litle & skymm it very cleane then take it from the fire, & putt it in some bole till it be could, then cleare it into some bottle, soe reserue it for yor use.

Tabnig of it 9. spoonefull at 8. in ye morning, att at 5. of the Clock att night.

The plaister of 1^b of white lead and halfe a pound of Ceruse temped wth 3. ounces of Unguentu Rosatu, and beaten in a warmes stone morter untill it bee soft, apply it to the soare & remoue it not in 3. dayes

For Mr. Wilson.

6 Use togeather wth the Hearbes prescribed Scene 3. ounces. Guiacu 6. ounces, polipody, Harmodactiles, Sarsaparilla, Rubia Tinctorum of each one ounce. Nutt meggs, mace ginger, and Cinnamon of each halfe an ounce, one good yellowe dock roote washed & sliced bruise those that are to be bruised sewe them all in a lynnen cloth, & putt it into 2. gallons of strongnew ale when it is tunned, lett it worke together & steepe 3 daies before you take any of it, then every morning next your Hart take a good draught thereof, and all the day after when you list for your ordinary drinke. if it give you about 5. or 6. stooles take lesse of it. if fewer take a greater quantity att your owne discretion, when it is don turn as much more ale onto the bagg as you did before, lett it bee as old, and drinke of it as you did the other.

For a bruise or swelling ach.

Take one Handfull of smallage one Handfull of pennyryall, Camomell a litle quantity one Handfull of redd sage, a few violett leaves, a handfull of greate oatemeale bruised, all these Hearbes shred small, & putt them into a potle of river water, soe boyle them over the fire till they bee thicke to spread, then putt in a quantity of May butter, and soe making a plaister use it.

A good Vomite

Rc. an ounce of Rock Allom, and halfe an ounce of Annyseeds, beate each by it selfe into powder, then putt them into a pinte of ale, & sett it over a soft fire untill the Allom be melted, then take it off and drinke it lube warme. keepe some of it by, to drinke after if it workes not to ye liking.

A Receipt either for burning or scalding

Deare suett, May butter, wax of each of these a libe quantity, sett them over a slow fier a melting, when they be melted take them off the fier, & putt in the libe quantity of saletoyle as of all the rest, then putt into it a good quantity of snow water, & beate them togeather with in a spoone untill all the water be beaten out, when you will use it spread it upon a soft cloth and lay it to the soare.

A Receipt for ye cough of ye longes or a Consumption

Take a quart of ye sox water, a handfull of liquorish sliced, a handfull of raisons of the sonn stoned, halfe a score figgs sliced, and a handfull of coults foote brused, boyle all these togeather in a basan upon a chafing dish of fier, covered close, till halfe bee consumed, then straine it, & sweeten it with white sugar Candy, lett the pty take a spoonefull of it att a tyme of the day and night as his cough is libe to take him, or as often as his stomach can disgest the same use this medison a weebe togeather, & with gods helpe it will ease you.

An approued Receipt for the stone.

Two lemons thin sliced wth the skyns taken off, one handfull of pellitory of the wall, 12. penny weight of rosemary, as much of Isope, & as much of mugwort, of mayden haire growing on the wall of broome flowers & Cardus Benedictus of each halfe a handfull, 30. hauthorne leaues 4. penny weight of mouseeare, 1 ounce of Camomile one handfull of wild tyme the longest you can gett & handfull of perley 3. reddish rootes thin sliced, six new layd eggs bruised shells & all, 1. handfull of saxifrage, a pottle of new milke from a redd cowe halfe a handfull of beane flowers or 20. beanes if ye cannot gett them 3. spoonefulls of white wine. putt all these in a ~~[illegible]~~ still att night, and then in the morning still them wth a soft fier to the quantity of 3. pints and cast the rest away. Take of this 3. or ~~[illegible]~~ or 4 spoonefulls in ye morning next ye Cart X

+ Nor Children faces & heads wch breake out wth a running rheume.

Take a pint of the finest tarr, straine into it the iuice of 3 lemons, of panpillian 1 oz. of an quantum 1 ounce of bay berries 1. spoonefull, & a halfe of burnt allom, 1. spoonefull of brimstone 1. spoonefull of fine ginger ye best, halfe a spoonefull of Soote, 1. spoonefull of ye ashes of old shoes & broome stalkes burnt 1. spoonefull & a halfe, of holy wort 1. spoonefull mingle all these togeather.

+ Eart in a gill of white wyne & halfe a nuttmeyg grated stirr all togeather & drinke it off, then swing yo body 2. or 3. tymes if you can & fast an howder after. The hearbes must be gathered in May.

A Receipt for pills.

6

Tabe Aloes optim:	℥vj	iij ounces
Saffron	℥i.	℈ ounce
Mirre	℥ij.	one ounce
Bacchæ laur	℥ij.	one ounce
Liq. aloes	℥ij.	one drame
Rubarbe	℥i.	℈ ounce
Agaricke opt	℥ß.	y drames
Mastick	℥i.	℈ ounce
Olibanum	℥i.	℈ ounce
Zeodary	℥ß	ij drames
Siruprosar } of each	℥ij	} as much as will make them
Sirup violar }		} vpp into pills.

Beate all these into fine powder, and make a Masse therewth, whereof make pills.

Tabe 3. or 4. of them an hower before supper then drinke a good draught of beere wth a toast or warme broath, & make a good supper if you list after them, they will worke about some 12. houres after, & keepe yor selfe something warme out of the ayre.

Tabe mercoacon salo mexicu an oz whereof take the weight of 12d grated or finely scraped wth powder lett it be steeped all might in a draught of white wine, beere or ale or any Liquor and in the morning keepe yor selfe after taking thereof & when you haue thought yor sefe well discharged eate or drinke any broath or meate & it will leaue working.

If three 4. or 5: stooles be enough or more then make an end by eating.

A Receipt of purging ale to drinke springe and fall.

Take polipody of the oake, of leaves of Sena of each 4. ounces of fumatory 3. handfulls of sweete fennell seeds 1 ounce ℔ of nuttmeggs ℔ oz of liquorish ℔ oz of Zackery rootes 1. handfull of agrimony 1. handfull of luierwort 2. handfulls of all these make a grosse powder and hangit in a bagg in 3. gallons of new ale, and drinke a good draught thereof first in the morning and at 4. a clock in ye afternoone. It must stand a working before it be drunke of a fortnight or 3 weekes.

A driet drinke prescribed by Doctor Butler of Cambridg wch cured the Lady Finch of ye Dropsy.

Take fennell & parsley rootes washed scraped sliced & ye pithes taken out of each of the 3. oz, greene asparagus rootes whole 4 oz. steepe all these 24 howres in a quart of white wyne then take them out & mix wth them a pounde & halfe of scurvy grasse leaves cleane picked, water cresses brooke lime & egremony of each of them 4. ounce, wrapp all these leaves & rootes in a lynnen cloath & lay them in a pye of thick rye past made wthout butter, & bake them 2. howres in an oven, then cutt up yor pye, & lett the hearbs & rootes coole, wch don then bruse yor rootes & hearbes wth ye inside of yor rye past in a morter. Then take sarsa parilla sliced in the midst cutt short & bruised 3 oz of polipody rootes of the obe brused 3. oz, of sceen Alexandria brused a litle, 3. oz, ruberb thinn sliced, 1. oz & a halfe, sweete fenell seeds bursed 1 ounce & a halfe, Amy seeds & Carroway seeds of each halfe an oz. liquorish scraped & sliced thin 1 oz. mixe all these ingredience abouesaid togeather, & putt them into a boulter bagg & Cum them up in 2. gallons & a halfe of new beare, then lett them worke togeather for ye first day, as they worke lett one squeese ye juice out of ye bagg into ye drinke twice ye first day, & twice ye second day, & lett ye bagg hange continually in ye drinke by a threed fastned to ye same, then stopp yor vessell close, & when it is 6 daies ould, drink 3. quarters of a pinte at once 2 howers before dynner & two houres before supp.

A Receipt of a Glister

Tabe halfe a handfull of beetes, & halfe a handfull of mallowes, halfe a handfull of violett leaves & boyle these in a pint & halfe of water, & lett them boyle till they come to a pint, then strainie it out & putt to it 4 oz of course sugar & 3. spoonefulls of hony roses.

A rare & souveraigne oyntm^t for the helping of straines brusings aches and swellings coming of an ague & such like.

To be made in the latter end of May or the beginning of June.

Tabe rewe & sage of each of them a pound wormewood and the young cropps of bayse of each of them halfe a pound of oile olive & the purest cann be gotten 3. pints of the sweete of ye loynes of a weather 3. pounds, beate the bay crops by themselves for they require more beating then all ye rest then likewise beate all ye other & earbes togeather very small wth ye ~~sweete~~ sewet there among soe mingled & incorporated togeather as noe whitenes doe appeare, these things thus being beaten putt all into a new earthen pott, & powre in the oyle & couer ye pott wth paper & perchm^t fast tyed on & lay aboard upon it & soe bury it in the ground 9 dayes & nights then tabe it out & boyle it an howre wth an easy fire till it become greene then strayne it through a newe Hantas yt is not too thin into the same pott wherein it was buryed & couer it soe close yt it may tabe no ayre you may keepe it 7. yeares & the oulder ye better.

The Receipt of a glister guien by Doct^r Gulson for ye spleene.

Take balme, Bitany, pennyroyall, Camamell flowers, Tamerus & sweet fennell seeds boyle all these in faire water, then straine it forth & put unto it the yelbe of a newe laid egg & putt unto it 3. oz of browne sugar.

A Preseruatiue against the Plague.

Take red sadge, & rue or Hearb grace of each 1 handfull well pickt & cleane washed & sprung dry from the water, steepe the Hearbes 24. houres in 3 pints of muscadale, & after boyle it to ye consumption of a pint or third pt then straine ye liquor from ye Hearbes & putt into the pipbin agaiue and putt thereto Ginger, Nuttmegs & long pepper of each halfe an oz beaten to fine powder & boulted & boyle all one quarter of an houre. Then remoue it from ye fier & putt thereto whilest it is hot Mithridate & Treacle dia tessaron, of each one oz dissolued in halfe a pint of acqua vitæ in a dish. Put all into ye drinke & stirr it togeather, & when it is cold then putt to each pint 20. granies of vnicornes horne & 20 of Bezar, and putt it into double violl pint glasses, & reserue for yor owne vse, & shake it well togeather when yo^u putt out any to vse. But the comon sort is made wthout Vnicornes horne or Bezar.

The vse.

Take a spoonefull fasting 1. houre after when yo^u are to goe unto any place or company daungerous for infection, or if yo^u haue beene in any Company or place infected take it forthwith fasting or not, & likewise the morning following, for youth halfe a spoonefull sufficeth, If yo^u finde yor selfe sick or doubt the plague take 2. spoonefulls as speedily as yo^u can, goe to bed & sweate thereon, & shirt & sheetes that hat not

been

beden layen in or worne by others, or very well ayred by the fire, & take one spoonefull for 2. mornings after sose warme posset drinke in wth reddsage Rath beden boyled in, beware of could drinke & of taking could make a good fire in the Chamber albeit in warme weather, for those that are abiding in an infected house use the drinke every other morning a spoonefull, & children but halfe a spoonefull or some what lesse.

A Receipt given by Mr. Mullyns:

for a Numnes.

Take redd sage & boyle the same in running water, & when it is well boyled, putt thereto a certeine quantity of mustard, & then apply it as a vomentation to the place greeved:

To make a water to heale all maner of soares & wounds new or old, & Rath pued to helpe the leprosy & other fowle soares both in man & beast.

Take of fine Boleat moniack 8. oz.
White Copperace —— 8. oz.
Camphire —— 2. oz.

Howe to prepare them:

Take ye white Copperace, & beate it into very fine powder, then take ye Camphire & slice it thin & shredd it very small. Then putt it in a litle earthen pott of black earth well nealed, then sett it upon ye fyre & as it boileth keepe it wth continuall stirring for burning to ye pott, & soe continue stirring it untill it be well incorporated togeather, & soe dry, as it will powder.

Then

Then take the substance dryed out, & powder it very fine, & take ye Bolarmonack & beate it by it selfe very well, and soe mix all these powders well togeather, & putt them into a bladder & ty it very close. Then take a potle of running water & sett it on the fire, & when it seethes, putt in 3 good spoonefulls of ye powders & stirr it well, then take it of the fire & lett it stand till it be could. Then stirr it altogeather, & putt it into a glasse & soe lett it rest, & when you will use it take of the clearest of the water and wash the soare therewth very warme, & lay a fayre lynnen cloth 3 doubles wett in the sayd water upon ye soare binding it close & smooth wth a rowler, & keepe it very warme dressing it morning & evening, & by the grace of god, it will heale any greene wound, but ould soares require a longer tyme to heale upp, & to bring firme & sound flesh, I doe speake it of myne owne knowledge that it hath donn many greate cures uppon man & beast, It healed ones legg yt had been in ye Surgeons hands in London 13. yeares. And I doe hold it the surest water in ye world: for these causes being carefully applied.

Probatum

By Mr Townesend of Brabenhall in Norfolke who did very many cures wth it

An excellent plaister for a could goute or for any Ach
yt Romes of a could cause:

Take a potle of good whyte wyne, one pound of rosin, halfe a pound of
Frankinsense finely beaten, & searced, putt them into the whyte wyne,
& lett them boyle. untill they be all melted, take it from ye fier, &
putt therein 2. ounce of yellow wax sliced, 2. drams of Camphire, &
2. ounces of deeres suett, then lett it boyle againe till all be melted,
then take 3. oz of Olibanum, & 3. oz. of Mastick & putt into them, & lett
them haue only two heates on the fier, stirring them well togeather
as they boyle, then take it off and lett it stand untill it be could &
that all the plaister settle to the bottom of the wyne, then take sallad
Oyle & rubb yor Hands therewth, then take vpp the substance &
squeeze the wyne from it betweene yor and make it vpp into
Rowles, keepe it in oyled papers & when yo^u vse it, spread it vpon a
peece of sheepeskin, & prick it full of holes laying it warme to ye
place:

Probat.

A Receipte ffor a Consumption.

Take 2. or 3. handfulls of Liuer worte well washed stamped and stramed & to a spoonfull of Juice therof take so much new milke of a red Cow and halfe a spoonefull of ffine sugar smale beaten to sweeten ytt wth as much ffine wheat ffloweer as will make ytt into past Bake them very well in an Oven or on a Tyle stone & after they be a day ould eat one eny morning ffastnig wth moderate exercise, one houre after then take ye third parte of a pinte of muskedine and this use ffor 12 morning togeather ye Cakes must be twice as bigg as a S. peece of Siluer & twice as broad.

This drincke to be drunke wth ye cakes.

Then take a good quantity of young nettles springing att ye roote, stampe them & stranie out ye iuce therof till you have a quarte of itt, boyle yt one ye ffier untill ytt come to ye cullor of Allegant & being well skumed you shall have a pinte being clarified to pt pinte take a quarte of muskedine wth yolkes of sixe new laid edges well beaten & halfe a qter of a pound of ffine sugar smale beaten, brew all these togeather, and keepe them close stopped in a stone bottle ffrom ye ayre drincke ye 3. pte of a pinte in ye morning ffastnig, and as much going to bed bloud warme so long as ytt Lasteth.

A Receipte of whey to Coole ye heat of ye liuer.

Take endive succory agremony Liverwort watter Gresses fumitary
of each halfe a handfull Curry grasse a few leaves a topp
or tow of time Boyle this in three pnites of cleare whey till a
third part be consumed straine out ye Licour & clarifie yt drinke
of yt a draughte in ye mornnig and at ffore afternoone.

A Receipte to make an oyntment ffor all aches or paines proceedinge of a cold cause.

Take halfe a pound of Rosmary & halfe a pound of Lavender ye
leaves of them both & beat them very smale then put to them a quart
of neate foote oyle then mingle ye hearbs & ye oyle well togeather
& put into them a pottle of white wine & sett them over a softe fier
& lett them boyle till all ye wine be consumed then straine
them out & when yo: will use ytt take some 3. or 4 spoonfulls
of ye oyntment & putt into ytt a drope or tow of spiritt of
Rosmary & stir them well togeather & anonite ye place ye
is payned, heating ye hand against ye ffire, but not ye
oyntment & so chaff ytt in ox: your hand.

A Receipte ffor washings water.

Two ounces of Damaske powder, two ounces of yrris powder, halfe an ounce of Gloves a handfull of Rosmary a handfull of Bays a handfull of Bassill a handfull of Sweete margerome a handfull of winter savory, a handfull of maudlnie, a handfull of walnut leaves, a handfull of Lauender a handfull of pinkes, halfe a bushell of damaske roses; steepe all these in ffaire water, the quantitie Grec or ffoure gallons by ye space of 3. or 4. daies, & then still both water and herbs togeather.

A Receipte ffor mouth water.

A quart of white wine, a handfull of blacke slow rootes, Roach allume ye quantity of a walnute and some englishe honey then boyle all these ffrom a quart to a pinte.

A Greene salue.

A handfull of mallows, of Tutsome, of planten, of grounsell, of vellarion, of salladnie, of each of them a handfull grind them very smale in a stone morter, boyle them wth a pound of Swiveete butter unwashed then stranie them, when yt is stranied put thereunto wax rosen & turpentnie of each an ounce, then boyle them alltogeather a litle while.

A Receipte to make Jelly.

Cake Calves ffeete two paire, and scald them cleane, o.
then take ye bones out oss ye ffleshe, then take a ledg oss veale.
and cut ytt in peeces, and lett ytt ly in water a while
then sett ytt one ye ffier in a ffaire pott wth water and
skome ytt cleane when ytt boyles and lett ytt boyle
softly a good while then put in white wine and lett
ytt boyle after till ye ffleshe is boyled all to peeces,
then streame ytt throw a cleane strayner or cloth then
lett ytt stand till ytt be could, then take ye cleanest oss ytt
out oss ye pott then take whole Sinamon an ounce, ginger two ounces
Cloves halfe an ounce, Nutt mugge one ounce, Sugge three pounds
to this quantity oss ffleshe when you make ytt, then put in ye
whites oss a dossen egge well beaten when ytt is whot one ye ffire, & let
ytt be stirred & power ye whites in a loste softly then cover ye Jelly till
ytt boyle a lytle, then take ytt oss ye fire & putt in ye bottome oss ye
Jelly bag a sprig oss Rosmary & a feather or two, then put in ye Jellie into
ye bag & lett ytt runne into pipeins & lett ytt stand till ytt be cold.

To souce Tales.

The Vases must first be scoured and then scrapped well and made very cleane but not skinned, after ye must be slitt downe ye belly from ye head to ye Tayle, and ye backbone taken out, then take Nuttmeg, ginger, & time finely shreed and straw ytt uppon them and soe wrap up there one within another beginnig att ye head, and so bind them up with threed boyle them in a quarte of white wine and a pinte of vinegar & keep them in ye liquor being well seasoned wth salte in an earthen pott.

To make Jumpoles.

How to make Jumpoles take halfe a pound of sugar a quarte of flower a quarter of a pound of Butter three whites of eggs well beaten, three spoonefulls of rosewater.

To make Macharoones.

Take a pound of almonds, lay them in cold water over nighte & blanch them & stampe them in a stone morter, put into them as yo: stamp them now and then a spoonfull of rose water to keep them from oylnig then take a pound of fine broken sugar & put ytt to your almonds when they are beaten smale & beate them togeather a lytle, then

then take ye whites of two eggs and beat them till the looke
licke snow then take ye top of ytt & put to ye all monde & sugar
& stirr ytt well togeather then sett ytt oppon a chaffingdishe
of coales & lett ytt boyle & stirr ytt, ffor ytt will be apt to burne
too then take ytt of & lett ytt Coole a q:ter of an howre.
then lay your sinigng bread one pieplates & lay ytt on in
any ffashion yo: will; and bake them presently. &c.

To make Bisket bread &c.

Take a pounde of ffine wheat ffloweer after ytt is dryed dressed
in ye Oven & a pounde and q:ter of ye best Loafe suger ffinely
beaten and cearst, mixt ytt with ye ffloweer, take likewise 8.
eggs & put away 4 of ye yolkes & two spoonefull of rosewater
and beat them togeather for ye space of a q:ter of an howre
then put your ffloweer & suger into ye eggs beating ytt
Continually ffor two howres, put in ye meane time an ounce
of anniseede to steepe in 6. spoonfulls of sacke, put a spoonfull
or two of sacke into yo: batter in ye beating & when ytt is
almost ready to goe into ye Oven Lett your oven be hott
enough ffor manchett, take yo: plattes & butter them &
put into every plate ye quantity of a good spoonefulle, but

but ffirst yor Anniseeds must be taken cleane ffrom ye sacke,
and put into ye batter, be carefull y^t yt brown not to much
in ye oven, when ytt is ffirme take itt out oss ye oven & lett itt
stand a while, then take ytt oss your platte & lett ytt stand a
while sett vp an Edge while it is could, then washe yor plates
and dry them very well then turne yor Oakes ye bottome
vpwards & put them into ye oven againe & lett them stand
in ye oven a q^ter oss an hower then take them out a lytle &
turne ye topps vpward and put them in againe, let them
not stand in y^e oven while y^e be hard dryed, ffor thoughe
they ffeele a litle softe while y^e be warme, when y^e
be could they will be hard enoughe.

To make the black salue.

Re a pint of the best sallett oyle of read leade halfe a pound of yellow vn=
wrought wax an ounce, sett on y^r oyle on a soft fire and when it beginns to boyle
take it off and put in y^r redd leade, and stur it well, then set it vpon the fire
agayne and put in y^r yellow wax let it boyle softly vntill it be black and stirr it
continually. pbatu^m per Paracelsu^m.

This salue will draw, heale, and dry
and keepe all fresh humors from the
place greiued.

036 To cuer a sore breast or anie other swelling of a could cause.
Take a pinte of the strongest beere and eyght figs and stamp them well in a morter and boyle them in the beere till it be half boyled a waye then take browne bread and crum therin then let it boyle to a poultis take it of the fier and put therin som barows grese and so aplie it to the brest as hot as can be sufferd this will both breake it and heale it. probatu est.:

To make sirop of poppie:

Take poppie leaues and boyel them in fayer water twoe or three wames then take forthe the leaues and straye forth the water and boyle as manie more leaues ther in and as longe this doe fiue or six times till the liquor be high colored and stronge then to euerie pinte of liquor put a pound and a quarter of suger and boyle it till it becom a sirope.:

A receipt for a flux

Take a handful of red sage stalks and al a littel handful of wormwood a handful of time boyle it in a pottle of cundit water to a quart: and drink it.:

037 A receipt to make a diet drink for a tinpenie or a dropsie and for a woman with child. /:

Tak a quarter of a pound of gwiacum an ounce and a half of Salsa perilla an ounce of hermadaculum a qarter of an ounce of sinay mon an ounce anice seede brased an ounce of licorice sliced china an ounce sliced put al this in to a gallon and a pint of faire water boile this one a saff fier to the quantetie of 3 pints put ther to an ounce and a half of seene let it boyle twoe walmes, then take a quarter of an ounce of rubarb sliced tied in a bag let al this stand of fro the fier twelue hours then straine it out and take a quarter of a pint warm moring and euening:

A present cuer for the squincey or a sore throte or faling of the yuueloe or almonds of the throte.

Take a dozen figgs and half as maine Jewes ears boyle them in a pint of white wine and a pint of runing water til half be consumed then straine it and put in to the liquor one ounc and a half of hunny of roses then gargle with it a spooneful at a time three or foure times as hot as you cann induer it. keepe your figgs and Jues ears warme in the cloth and when you ar in bedd applie it outwardlie to the throte as hott as you can suffer it.

a syropp for the same

Take siropp of resberies inuberies and hunnie of roses of equal quantetie and now and then take a spoonefull.

A receipt to fasten the teeth

Take the roots of bistort and tormentille of each half an ounce the leaus of red roses sage tops of rosmarie and bramble buds of each a handful, of pomgarnet flowers half a handful of cinamom and cloues of each half a dram set these to boyle in a quart of claret wine adding as much honie as will sweeten it and about a dram of allum then hauing strained it reserue it in a glasse for ordinarie ablution warm you may make it with equal porcions of water and wine mixt:

To make a purge for the goute

Take a quarter of an ounce of diatholica, a quarter of an ouice Caricastinam and twoe peniworth of Zolip: al this must be steeped in a quarter of a pinte of white wine al nighte and stir them together in the morning: and drink it in the morning and keepe your self warme as you doe with other Phisike and drink thin brothe twoe houers after it:/

To make a poultis for the goute

Take a good handfull of rednettels shreade them smale and pound them then take half a pinte of salat oyle and half a pinte of white wine and boyle them together till the nettels be softe then thiken it with beane meale till it bee like a poultis then lay it to the pained place till the paine be taken a waye then put a peece of redd clothe in vrine then after you haud doen with the poultis laye the red cloth hot to the place that is pained to strengthen it againe till you find it reasonabli well:/

A receipt for a Consumtion

Take the yaelke of a new laid egge & put it into a porringer and milke upon it from a redd Cow a pritty quantity of milke then take ~~half~~ a sponnfull of Sirrup of redd Roses and put to it a little quantitye of Manus Christi Hirr it all together and sett it on the Embers till til warme so drinke it off this doe till you find it doe you good

an other Receipt for the Consumtion

take a quarter of a ponde Elicompane Roots and hoffe a pint of hony and put them together in a earthen pott and sett them in an Ouem a bakeing with the Brown Bread ~~th~~ take it euery morning till you find it doe you good

For the heare woorm

the motton shutit and melt it and as ~~[illegible]~~ much tar and melt them seuerell and put them together and an noint the iogns

To helpe a sore breast in a woman ∴

Take groundsel and twice the quantity of dazy roots wash, stamp, and straine them with staile ale and let the party drinke their of first and last ∴

An excellent soare cloath for any soar or ache ∴

Take a pint of sallat oyle and halfe a pound of read lead and boyle them to gether till it goo blacke then drop a lit tle in to faire water and if will voyle it is enuffe then power it in to a good pale full of faire water and so voule it up and keepe it for your use ∴

An excellent receipt for the goute ∴

Take 2 ounces of leafe tobaccho first boyle the stalks in new milke then take out the stalks and boyle the leaues in the sayd milke, bathe the soure places and lay the leaues warme upon the soar and bind it up warme ∴

For a dropsy ∴

Take a pecke of sliced I cannot write it right

when one hath to many of ther mounth to stope them +
take read wine and the curnels of small nuts and stampe them and
~~an~~ straine them into the wine and then stamp them againe and
straine them so often that the wine be thick then heat it and the drink
it ~~to~~ 2 times a day moring and after noune for nine dayes to
gether

For a Consumption

take halfe a pecke of snalles wash them clene from there slime and
put them in to a coman still with a pint of coultsfoote water a pint of
pimpernell water and as muck of Egreamony scabious and Tossopp water
and halfe a pint of suchery water a pound of reasons stoned ~~as~~ an oune of licoris licoris much
annisede brused, you my haue out of this quantity fiue pintes
of water

how to order the snailes

put the snailes in to a deepe pott and couer them with saige let them
stand so all night in the morning picke them from the sage in to
a tub and then strowe a handfull of sault a moungst them and stir
them to gether to make them spitt then put in to them sum blood
warme water and let them purge them ~~into~~ selues chainging the water
4 times and by that time they will looke cleer then dry them in a
cloath and put them in to the still shelles and all with the rest of the
things this is good for chilldern that are weke and sene hot and
disstemptred takeing ~~a~~ spunfulls sweetened with white suger
candy in the morning ~~and~~ as soone as the wake and in the
after noone as long as the ~~b~~ need in a fortnight ~~to~~ will

For a dropsie in the legges

Take a Cabbage cole leafe and lay it to the soales of the ~~legges~~ feet, every morning a fresh leafe. for weaknes in the eyes lay rammomell to the soales of the feet ∴

A most famous remedy to breake the stone
In the Bladder ∴

Take of the outward scrapings of Radishes 2 handfuls and a halfe put them in to a glasse stand, or bottle, in 6 points of white wine to this adde a point and a halfe of sallet oyle. shake thes to gether and kepe it for your use here of let the patient take 4 ounces at once or more according to his strengh of the patient and it will helpe him

The Tincture of Ruburb for ye Collick

~~Take~~ into quart of Anceed water slice 1 oz of ye best Ruburb and ½ 1 oz of gren Liquorick And Bruse an oz of jmepar Berrys Let it Stand 5 or 6 Days Shaking the Bottle every Day And it will Be fit for use take 2 or 3 Spoonfulls when you have the fit if it Be too Strong put A Little fennel or mint water to it if ye fit be not quite of repeat ye same going to and ~~Drink~~ repeat ye same going to Red and Drink A Bottle of purging in the morning And it will Certainly Carry ye fit away

For a Consumption Cosse

take 3 ounces of harst horne thyne scrapted sett it to the fier in a piping
with three pints and a halfe of water wine measuer with the
flush of halfe a capon when it boyles scome it cleene then let it
boyle till ~~a pint be halfe~~ a pint be consumed then put in an ounce
of China thyn sliced and boyle it till halfe a pint more be
wasted then put in an ounce and halfe a quater of ringo roots
dryed and brused of the leaves of voilets and straberyes of each
a handfull let them boyle till halfe a pint more be consumed then
put in of dryed maryegoolds voilets Bworage Bugloss flowers in all
a quater of an ounce boyle it againe till a quater of a pint
more be consumed then take it from the fier and put in a flacke of
mace and a sprige of lemon-tyme let them stand a while
but before it be could straine it of this braath thus boyled
there will remane a pint and a quater which quantity must
be taken at 4 draughts in the morning the largest draught in
the morning the other in the after noone

to cause hayer to growe

Take redish roots and stampe them with honie and the pouder of a sheeps harte dryed.

First purge ye pt y that hath it with kubarbe & sirup of kosses 3 daiyes together or in this maner take the weyhe of sixpence of kuburbe cut in clyeces laye it all night in a quarter of a pint of bere to steepe then in ye morning & for 3 dayes give it the partie to drinke then take this Oyntment following & anoynt the Child morning and euening in all the Joyntes & ouer ye Childes kibbs if the be knotted & on ye breast if it be narrow which is as if ye bones were drawn together and be sure to anoynte it by a good fire

Take 3 quartes of strong Ale boyle it to a quart then an Ounce of oyle of Roses & ounce of oyle of Lyly 1 ounce of Oyle of Swallows put the Ale & these 3 oyles together & boyles them till they Come to a pint then lett it stand in an earthen pott a weeke or a flourtnight then it will be fitt for the Cure than spred it upon a peece of new sheepes leather & pricke it full of holes & laye it on the kaines of the backe for a Monthe the leather Must be a handfull long & 4 fingers broade when that plaister faile off lay on another & so Continue it till ye Monthes end

another for kikests,

take a fox firne koott & take of from the kootten of the greenest cloaues peele them & then boyle them in 3 pints of milke or Ale untill it be boyled ~~them in a pint of~~ half away then let the Child that hath the kiketts drinke it fasting & fast three howers after & so take it for a weeke together & then leaue a while then take it againe & oynte with Muskadine keepe it warme you must ~~tak~~ take haue a pinte at a time att the new of the moune

Take the leaues of foxglous and butter without salt spread your leaues and boile it to a silue and anoint the child therwith.

to Make a woman to haue easie labour

Take euery morning for a moneth before their arc brought a bed a glass fall of whytewine & a good spoonfull of sirope of March Mallowes & anointe your belly with oyle of lillies & oyle of Almonds

to keepe thir body soluble

Take euery moring a draught of beere or Ale warne with a spoonfall of honny in it & as much powder Ancseeds or sweete ffennell seed as will lye vpon a b peace

Another ointment for ~~that~~ the belly for those that Connot hau oyl of lillies & oyl Almonds

Take an herb Called Mullett or hagg Taper shred the leaues fyne & boyle with Buter of the Chearne till it be greene then straine it and anoint ye belly with this & ye partes adioyning and ~~an~~ vse it when ~~they~~ are in labour this is good in case of sournesse when they make water but boyle a little Cumfrey with ye Mullet to be vsed after ~~they~~ are brought a bedd this will close the mother

for

The best receipt of snale water for which was giuen ten pounds

Take a peck and a halfe of guarden snales gathered as neer as you can of Rosmery, lauender or salendine keepe them 9 days giuing them euery day fresh saladine and barbery leaues and wash them twice euery day with new milke and then sweepe the ~~hall~~ hearth of ye rhimny ~~[illegible]~~ very Leane. vide

[illegible]

[illegible]

The best Receipt of Snale water for wch was given ten pounds

Take a pecke and a halfe of garden snailes gathered as neer as you can of Rosemary lauander and sallendine keepe them
9 days giue ing them euery day fresh sallendine and barbery leaues and wash them twice euery day in new milke and then sut
pe the hearth of your chimny very cleane and put in better then halfe a bushel of great charkcole and when they are well kindled
make a great hole in the midst of your charcoole and power in your snales and put in some of your freshest ~~[illegible]~~ cooles a mung the
snales and let them roast till they leaue makeing an noyse then take them and with a knife and cleath pick them wipe them fro the coo
les and froath and beat them shells an all in a cleane stone morter take all so a quart of the greatest earth wormes you can get and
slit them and scoure them with salt and wash them with white wine till all their filth be cleane out of them and then beat them in a
morter as you did the snales. then take a cleane iron pot on wch you meane to set your lymbeck then take 2 great handful of Angelico and lay it
in the bottome of yr pot and as much salendine on the top of that. then put in two quarts of Rosmary flowers on quart of Burage
flowers on quart of Buglasse flowers, of merigold flowers a quart, a peck of cowslip flowers, all so beares foot, Egrimony the barke of barbary
wood sorrel and bettony and sweet Margeru of each 3 great handfuls, of rue one handfull of sene greeke and Turmereck of each 2 ounces
well beaten then lay your snayles and wormes on the top of your hearts and flowers and power in 3 gallens of ale and as much of ~~[illegible]~~ the best
whit sacke your ale must be the strongest you can get and let it stand all night or longer stirring it diuers times in the morning put in
3 ounces of Cloues and 8 ounces of hartshorne, 3 ounces of incenry the cloues must be beaten to a powder you must not stir it after the harts horne
be in for it must be upper most. then set on your lymbeck and close it with past and receaue your water by quarts the first will be strongest
the next smaller wch may be amended by putting some of the strongest to it, in to euery quart glasse put in 3 penny worth of the best
English safferne put your safferne in to a tiffeny bagge and so let it hang in your glasse. when yo use this water take 2 sponfuls of your
water and put it in to ~~beare or ale~~ 4 spoonfuls of beare or ale. it must be taken in the morning fasting and fast 2 howers after it and 2
howers before supper when yo take it take it for 15 days together. otherwise as a cordiall water. ∴ this water is good for to
preuent a consumption it is a perfect cure for the iandice, it reuiues the spirits and quents the passion of the hart and car
ries a way the yellownes of the skinne

The true Receipt of the Countesse of Kents powder
Which is most Souveraine against all malignant and
Pestilent deseases french Pox measels, Plaugue malignant
or Scarlot feauours, against Melencholely. 20 or 30
for a [illegible] man 10 for a child to be giuen
In sack or harts horne ielly ~

Take of the magistry of pearles, of crabs eyes prepared of whit amber prepared harts horne magistry of whit corrall, of lapis contra parvam of each a like quantity, to thes powders infused put of the blacke tips of the great claws of crabs to the full weight of the rest. beat thes all in to very fine powder adde a dram of orientall bearzer make all thes up in to a lump or masse with the ielly of harts horne and culler it with a little sufferne putting ther in a scruple of amber gre ese and a little muske also finely powderd and dry them made up in to small trochises nether by fier or sunne but by a dry aire

for the toack Tooth ache

Take arsesmart and Chouit and spitt it out, and then Buryed it, and that will Cure ye Tooth ache, Mis Maddison

Cayton thornton resat for the touter ache

bornt allam take the youder and worke it well wetes soft waxe well it be redy to trombell in youer hand and maket Like atant and throst it be twen the teter wher the yan Lise

Ksit — for tender Cose take halfe a pint of Varges 3 penewoter of whit Shugar Candy 3 desolue it in bte botell that it may be twext Swet & Souer and drop it in the Cose

A tru receate to make a Boy or weanh well

Take of as much as will suffise the ist end

To make Could Possett

Take a pint of white wine a quarter of a pint of ~~the~~ Rose water
4 spoonefuttes of verges the Juce of one greate lemmon ~~put into~~ and halfe
the yellow rind of that Lemmon put into the Liqour with branch of
Rosemary and alitle amber greese and musk put as much sugar
into this as will sweetten it allcordinge to your Likinge stire and
brew these together at Lest a quarter of an hower

The plauge

Take 3 pints of muscadine & boile therein a handfull of Sage a handfull of rou
till a pint be wasted y^n Strean it and Set it over ye fire again y^n put to it a peny
worth of long pepper half a ounce of ginger a quarter of ounce nutmeggs all beaten
4 penny worth of medridate A Quarter of a pint of ye best angillico water
and evening a Spoonfull or 2 if you be ready infected and Swet there uppon if
ing and ½ at night in all the great plaque under god this medicin

Receat to make Cream Chese

Take thre quarts of nue milke a quart of night Cream boyl the Cream with a little mase and Claues and to it the new milk when they ar Could put to to the erning and when it is Comd take the Chese fat with a thin Cloth in it and put the Chease into it hole as you Can without breakeing then pres it gentlely with your hands and set a light weight upon it when it is within the fat tourn it every two hours into a wet Cloth and next day torn it into a dry Cloth with salt after it hath laid that two hours take it out and let it dry thre days and then put into nettles:

For a Consumtion

Take four and twenty nu laid egs beat them well together take thre pints of nu milk and a pitt of red wine then stir all thes well together and put into it six peny Loues of fine white bread thin sliced and let it Beax thearin two or thre hours then distill it all together in an ordenary still and there spounfull thereof in your drinker broth or any other thing that you take

together yn Cett it boil a little while yn put 2 penny worth of Treackle. Keep this above all wordly Treasure Take it always warm bothmorning not infected a Spoonfull a day is Sufficient ½ a Spoonfull in the morn all that made use of it were preserved form death or danger

to Stope enwarde bleeding a uaine being Brooke

take ~~Salt~~ Solomon Scalle Root washand scrape them take a quarte of milke and put in as much root as you doe of bread to eat then let it boyle up take it of the fire and Stifle it up till it his all most Could then put it ouer the fire againe and soe doe for too ore three times tell you find the roots tender very then let the partey drink of it too ore three ~~dayes~~ times a day a quarter of a pint ore better each time if you pleass eat a p bite ore too of ye root

to make the haire Grow

take piggons dung and burne it to white ashes then mingle the ashes with pure Clear honny a noyent the plasse with it wash it off in a morning with a Spange dipt in warme Cows pise Doctor matthoas

a medicine for a webb ore pinn in the eye

take too new Layed eggs & rostt them blew and cut them a sunder and take out the yolk, and put it in to the whole of the egg whaire the yolke did lye as much roche allom finely scraped as will ly one a kiffes poynt and close the egg together then put them in a fine Cloth and bruse them soe together tell ye Leae noe part of the egg whole wring them soe long as ye presche any water drop then Straine your watter through a faire Linning cloth & put it in a Glase and every morning and eueing put some into your Eyes

To make A good Cake

Take a pecke of wheat flour 3 pound of Botter and breake your Butter in peecis into the floor and Rube it together untill it be Crumbell then take seauen pounde of ~~But~~ Corrons pickt and Rubd in a Cloth and put them to the flour with a ounce of nutmeges one qurter of ounce of Clous as much of mase one pound of sugar one spounfull of salt one quart of Creame the one halfe scalded the other could one quarter of a pint of sake four yolke of eges tow whitis one pint of good ale barme strand and mingell together but doe not knead it Longer then it is mingeld then set it afore a hot fire in a woden boyle and Couer it with a Blankit end let it stand till it be risen which will be in halfe an hour this quantety will make a great cake make a bottom of wheat flour to keep them from borninge and when thay be almost baket draw them to the ouen ~~mouth~~ mouth and ise them ouer with Rose water and sugar you must haue a great Care whilst thay be hot that thay be not Couerd for it will make them heauey the ouen must be uery well heated that it may stand in three houres this Cake will keep till thay be a quarter oure

v.58

To fry Chickins

Fleathem and quarter them then bet them flat and fry them then put uinegar and butter to them and fry som parseley and put to them

How to make Cheesecakes

Take meale Could butter and sugar with ~~tages yolke and 3~~ a Spounfull of sacke mingell your Cord with foor age yolke and 3 whits halfe pound of Botter a pound of Courons 2 nitmegis with some safarne

To fry Chickins

Take younge Chickins fry them or stew them with a littell wine large mace and a nutmege quarted then take and fry them with a litlill Butter then take beges bet them in whight wine or wargas and put them into the pan alltogether and thake them in the pan and Send them away

To Make Puff past

Take of the finest flower you can gitt and put to a pint of flower four whites of eges well beatten the strens being taken out a little fine suger well beatten that there be noe lumps in it a little Rose water and eggs will not wett the flower you may take a little fare water and soe worke all together into stiffe past then Roule it out into a long peces then tak butter if it be somer through the Butter into water and brake it into little peces that it may Coule then beate it with Roule in pine and soe for lain the butter with your hands take a knife and with the pount and spred it in thin slies all ouer the past then throw a little flower upon it and soe Roule it up as you roule parch ment and put it forth som 4 or 5 times and doe it as you did before put it forth all one way howeuer you must not worke it with your hande and Roule it out the same way howeuer and cut it with your knife for what use you please now it must be put into an ouen as hot as for mansett for the ouen must be quick or else it will not Rise

Eschewe lewd lust if thou be wise, hot spice and wines forbeare
Fly surfett, riot and excesse; and eke sweating long here.
Rare fruits thy stomach will anoy: beware of whisket late.
Long watching with disorder (howers) will soone impaire thy state.
Impatience is noe friend to health, a fretting irefull moode,
Will stirre ye vaines and hurt the braines and soone infect ye blood.
Eat seldom of the salt and sower, the windy rootes eschewe.
The lemon and the cowcomber will make thy stomach rewe.
The bale and bane of eyes and sight is Venus wind and fire,
Oft looking downe doth hurt them much, cold water they desire.
To rubbe, to combe, to stretch ye armes, if fasting that thou be,
To body, head and spleene alsoe are wholesome things for thee.
Noone sleepe much sloth and sitting still, what breed they else but woe,
Whbe ever saw a slothfull man a healthfull bodie shewe.
To ache, to goute, to stone, to rume, to palsey pyles and all,
A lazie body by decent, is subject is subject and most thrall.
Use exercise then in measure and meane,, if sound thou wilt be still.
But after sweate beware of could, for that will breed much ill.
Ware how thou sit or lye on ground, for (y)it thy (ioy)jointes will lame.
The body draws soone from the earth, that will currupt ye same.
The early morning mountain walkes and eke ye running streame
Refresh the wearied spirits of man, when Phebus shewes his beames.
But ware at night when dewww is fallen and sun by course is set.
Then noysom ayre ere thou beware, will soon thy corpes infect.
Apothecarie shopp of drugs, let not thy stomach be
Nor use noe physicke till thou neede thy frinde adviseth thee.
Let seldom blood but when disease or plurisies doe call
But after fifty years be past, then ware bleed not at all.
Observe theise rules and lessons well, keepe necke and feete from colde
So maiest thou live by nature's course, till yeares have made the olde.

laid into MS. Codex 252, between pp. 58-59

To preserue Apricokes

Take apricokes that be new gathered pare them and stone them and put them into fare water as you pare them your water must be luke warme then take as much clarefied sugar as will ~~melt~~ Couer them then take a warme Cloth and lay them upon it to drinke away the ~~rost~~ water from them when you haue dryed away the water put them into that clarfied sugar and heat them upon a soft fire not letting the boyle but now and then turninge and skiminge them when you haue turned them oft and se them grow tender take them of the fire and put them into a bason next day warme them twice half a time in the same surup they lay in last time you warmed them then take them up and set them a droping upon a warme dish side and then put ~~them~~ into that surup a quarter of a pound of frish sugar and let it boyle till it come to a thicke surup then betwixt hot and Could put them and you may keep them all the yeare

how to an oliue pye

Take beefe and lay it in wine and sprinkell som wine upon it let it lye so a night then take nutmeges ginger and mace Clous and pepermingell them ~~to~~ all to gether then take your beefe out and roulet up in routes mingell it with this spise and with Currons and eges yolkes then after your pye be baked take winnegar sack and ege yolkes halfe a doson and make ther of a Coudell and put into the pye all soe you must put in mace slist nutmege ege yolkes and Lemmon pilles sugar and buter before the pye be bakt

To presarue bulleyes as grene as grase

Take ~~a~~ your bulleyes and wipe them Clein with a Cloth when thay be new gathered pricke them a kaif and Codell them in tow waters Close Couered then take a pound of Clarefied suger and a pin of apple water and boyle it well togather and skime it uery well. Clene when your bulleyes are drop well from therwater put them into that ~~sugar~~ surupe and warme them 3 or 4 times at the last warming take them and sett them to droping from the surup and boyle the surup a little ll by ils selfe till you se it Coum to a gelley then betwixt hot and Could you may pot them up and keep them all the year

To presare Goousbereyis greene

Take Goousbereyes and set a pan of water on the fire and when it is milk warme put your beris in and Codell them Close Couered and keep them warme hafe an hour then put ~~them~~ another posnit warme of water and put them into that in Like sort ~~gu~~ Codell them 3 water for will make them Louke greane then pouer them into a siue and Let all the water run from them then put them into as much Clarefied suger as will Couer them and let them stand simbering ~~a hole~~ and Close Couered then that will ~~not~~ make your Berreyes as grine as a Leeke blade then let them stand simbering a hole houer in that surup then take them of the fire and Let them stand till thay be Could the next morning warme them agane once or twis then take them up and boyle the surup a littett by it Selfe and if it plese you to make a fresh surup for them and put a yway thare oune thay will keep grine all thes yeare

To presarue damsons

Take a pound of the farest damsones you can gett and a pound of Sugar ~~being~~ C and sett them on the fire the suger being could lett the fire that ~~thay~~ thay stand on be nothing but imbers or some small fire that will but giue them a heate that thay may simper uery softly and when thare skins begines to Craske turne them and skin them till the serrup come to a gelles but lett them boyle uery softly when thay be could you may post them and keepe them all the year

To presarue quincis to by in gilley

Take thicke rind quincs and pare them uery thin and lay them in water ther or four dayes then boyle them tender in fare water then take them out of that water and put them into a pane of could water all the night next day tak them up and dry them with a fare Cloth and put them into as much Clarefide sugar as will Couer ~~ar~~ them and so Let them boyle lasurly in that sugar now and then tosing them to take then Let the stand in a nerthen pan till the next moring then set them on the fire agane and when you se them louke Cleare and tender pouer them into a wodon siue and Let the surup drop from them then put a qarterne of apele water and a pound of frish sugar into that serup and one it will make your quincis in quiking gelley

To preserue quinces whitt

Take yeallow reare quinces ~~rare them and~~ Core them but rare them not and boyle them when thay be could rare them then take to euery pound of quinces a pound of sugar and Clarefi it when it is mad rarfit Clear out in your quinces and let them boyle leasurly uncouered allwayes storing them when thay be boyled tender take them up an boyle the Surup a littell by it self when it is Blod warme you may put them and keep them all the yeare

A Surup for the Reume

Take a quart of fare Running water and sett it on the fire in a Cleane pan till it seeth then take halfe a ℔ of Rosemary flowers and put them into a bason or pane and putt the hot water ento them Couer it uery close and lay a dobble sheets ouer it that no aire come out of it and soe lett distill gether till it be uery Could then wringe the water from the flowers that you may haue the strenke of them then put the water in a cleane rosnill an sett it the fire and put therto halfe a ℔ of sugar lett it seth till it be a surup then put it into a glasse and take one spoonfull at a time as you shall haue occasion this good for the Reume and winde in one hedd

To preserue pipinges grine

Take smalle grine pipinges and picke of the Blacke endes and prick hols through them then codell them resonably in fare water till thay be resonably tender then take them up and pill them and as you pill them put them in Clarefid sugar beinge warmd then ~~boyle~~ sett them on the fire and keep them close couered but let them boyle 3 hours then ~~take~~ Let them coule and skime them very clene then set them on the fire close couered for the spase of 2 hours then take them of and skime when thay are could put away that surup and put a frish sugar to them then hest them twise close couered ~~more~~ and the thurd time set them ouer the fire and Let them boyle three or 4 wallemes but not to fast then skime them and when thay are could pot them so you may keep them all the year

To preserue quincis red whole or in quarters

Take fare quincas pare them and core them then take as much sugar as thay doe wigh and Clarefi it very well with a quart of fare water skime you surup very cleare and put in your quinsis and couer them very close now and then torning them to keep them from spotting when thay be red and tender take them up and boyle your surup alittell by it selfe then coule your surup in a earthen plater and then betwixt hot and could pot them and keep the all the wole year

To make almond cakes

Blanch your Almonds and slise them Long ways uery then take 3 or 4 whitts of egges bet them uery well and as you Bet them take the froth of them into another dish and mixt it with a litell Refined sugar then take a spoonfull or 2 of Rose water an put it into the froth and sugar about 2 spoonfull of fine whit flour mixt ithis into the tempere of a Reasonable stife Butter then put in your ~~sls~~ slicsed Almond and a few Carrawayes furst temper them all to gether in the Butter then take a sheets of wafer and upon thatt droppe the Butter then with a bodkins raise up the almonds so as thay stand edge wayes then put them into a Resonabell warme ouen and Let them stand till thay be a litill hardened and yellow

A Reseat to make Rasen wine

Take a pound of Rasen in the sun stoned and sleat a pound of suger the Lemons two of their pile slise them and put them into a stone pot take thre gallons of spring water boyl them in the water a quarter of an our poure it into the pot boyling Let it stand thre days it being uncovered till it be thorow Rould then stroan it and bottle it and Rork it and Rover it with sand for the space of ten days:

Anne

The ~~Ram~~ Rheame Plaster

Take farr pich farconcence and turpintine of each a like quantety boyle them all ti gether a littell whill pengamin labdaniall storax of each a like quantety beat them sm all and boyle them with the former till all be ~~through~~ melted then take it of when yous use it spreade upon ueluitt and lay it uery hot to the tempill for the toukacke and for the head and eys in the neck

Palsy water

Take the flowers of Rosemary Sage Betony Couslipps Borage Buglas Lilly of the valleys Lannnder flowers of each one handfull put them in a strong glase and power upon them a sufficient quantifie of good spirill of wine and them digest in the sunne the glases being uery close stopped then distill them ~~a suff~~ in an Alembecke with its refrigeratory or in a glase still and to the Liquor distilled add the flower of orange and the fleaues of orange and Bay tree balme and mother wort marioram Sweet Basillis of each one ounce stop the glase very close and after a due digestion in the sonne distill agane as before then add to it Cytron or Lemmon pill dryed and pyony Seeds hulled of each six drammes Ligris Aloes one drammes Nutmeg mase Cynamon yellow sanders Cubibs Cardamon galanga Cloves Juniper beris Annis seed and switts fenill seeds of each haste an ounce

of Jubibs halfe a pound pouder grosly ~~all~~ what is to be poudered and Let the Rest be Cutt smalle and Let all infuse in the sonne a sufficient time then strauned hard and the Ligur being put in a glase hang it a sarsenett bagge in which these following thinges are to be inclosed pearl is ~~pre~~ pared 2 drams smaragday one scruple muske Ambar gries and saffrony of each halfe a cruiple Red Ros leaues died redsanders and yillow sanders in groses pouder of each one ounce

To dry the oliue plum with
a littill sugar that shall eate
as sharp as a pranellay

Take your plumes and pricke them in 2 or 3 placis then Lay them upon the bottom of a woden siue dust your siue with a littell pouder ~~sg~~ sugar and put them into awarme ouen and Lett them Remane thear all night the next morning turne them and dust your bord with more sugar and some upon your plumes and warme the ouen ~~till~~ agane and so dry them allwayes warming your ouen till you see thay belike unto prunes then you may keepe all the yeare

Sirrup of violits

Take halfe a pound of pickt violits take a pint of water boyling from the fire and power it upon the violits Stope the pott uery close and set in the embars all night then prasout the Juce uery hard and to euery pint of Liquor put 1 pound of dubilled refind Sugar put it againe into the pott being close Styred and Sett it in a pott of Boyling wather and Let it boyle 3 or 4 hours then power it into a clene Bason and Sett Stand untill it be could and if ther be any crust upon it Scuime it of keepe the surup in a stond bottell

For Biskit

To a pound of Sugar take eight egs and put 2 whits of them beat the egs and Sugar together two ours and when you ouen is near redy put in a ii ours of flower and a quartirn of Blanched Allmons somewhat great bett and when you sett it in besure to Strau it well with flower and Sugar finly Bett and Butter your glatts or papers

you must Sett itt into the ouen againe to hardon the Imbargrees very well

To dry Aprecokes my Lady Rawly hur way

Take a pound of sugar and make a surup of it somwhat hyer then you doy for presarueing of plomes then take aprecokes when thay are Ripe and a bodkin lousor the stone from the bottom and with a knife slitt them doune the seme and soe thrustout the stone with your bodkin then put in your apre cokes in to the surup it beinge not to hot then boyle them softly on the fire. keeping them with sturinge till such time as thay be full presarued and Lett them stand till the next day then take two or three of your Aprecokes a time and betwixt your fingar and your thoumbe dip them in the fare water being as hott as you can well sufer ~~them~~ it then ~~to~~ wipe them with a cloth and Lay them ~~to~~ drying upon a glas keeping then with turning till thay be dry if thay be littell you may putt them one with in another to make them bige besure your surup be mad of dubell refinded sugar one pound of suger will doe 3 pound of Aprecokes

The Receat of the plage water good for all manner of infeckions and Surfitt

Take Sage. Salenden Rosmary Rue mugwort pimpernell a gramond Betteny Sperment Scardium wormewood Scabyes Cardus Benedictus sent wery woodsorrill Burnitt gallega gragones Rose a solus Balme Angelle Camere gould flowers Burege flowers panses flowers of each a ~~han~~ 2 good hanfull Sweet fenell sedes Coriander sedes Cardemum sedes of each 2 ounce Tormentill Routs allgentium seednaru thes you must gitt at the apotecaryes of each halfe an ounce herbes ar to be picke clene and shred ~~an ounce~~ uery small the apotecares thinges shred uery small then put altogethe into an earthen pott then power to them 2 gallons of the strongest whitwine or sake then stop up the pott uery close and Berry ill tow dayes spase under ground then take it up and still itt in anordenary still keepings the furst drawing which will be about a quart then put all the Rest together when you use it take is or 8 spounfulle for an ould body of the strongest and ~~ould~~ for a child the like quantity of the smallest wormed itt with a littell sugar and sweat after ill

To make a Cordiall water good agonst any infecttions disease as the plaugue pox ~~mast~~ measills or pestilencs Burning feauer and to Remoue any offensiue or venemons water from the heart or stomack and to bee vsed after a surfetts ~~of Con~~ or in passion of the mother and for Children in fitts of Conuulsions and is Genrall good to Comfort and strengthen nature in all Could Causes

Take off Sage Salendine Rosmarie Rue wormwood Rosaso mugwort pimpernell Dragons Scabious Agramony Balme Scordium Betony flowers and Leaues of sentury topes and flowers cardis Benedictus merigould flowers leaues off each a goo handfull the Take the Roots of Carmentill Angelica Alicampany peony Liquors all cleane Scraped of each halfe an ounce Lett all the hearts be washed an shakin in a Linin Cloth untill thay be well dryed then ~~tak the~~ shred all together Let all the Roots be slixed thinnie and mixed with the Carbes then put all steepe together close Couered two dayes an two night staring them once a day then distill all together in a ordingry still and in a Limbeck with a soft fire reserueing ~~the strong~~ about a pint of the furst runing by it self for the strong and alsoe a quart of the second Runing by it self e and Lastly

About A pint of the Last and weakest sort by it Self in Severall glasses
Stoped with Corks an fast tide with Leather for your use

Note allso that it is good to close the Still Round about in the
Joynt with past made of Rye meale vin vinigar whits of eggs
Bolearmicke

of the first sort of this water one Spoonfulls may bee given
to man or woman safely though shee be with child of the second
Sort give twise as much The thurd and weakest sort for
younges Children were of a Spoonfull may be given to a young infant

And this water to Comfort is vsefully given Luke warme
with a littell Sugar or Sugar Candy and may be given Could
It is most properly given when the Stomake emty and very
fitly mixt in any Julyp when ther is any infection matter
feared

But nether this nor any other water would be used
ordinaryly but only when the party hath need of such helpe

The mouth watter

Take aquart of spring water and in boyld volobins woodbin berrys planting sink fould leves of each ahanfull and alittle Jays and one penneworth of mir boyl them to apint then tak som Life honey and Roch allom and boyl the all together and streane it through a vloth and it will heil any vancar:

To make the sperit Rasberrys

Take nine quarts of Rasberrys to four quarts of the Richest sack gather your Rabs dry and in ahote son soe near as you van put the Rabs and the sack in a earthen pot Let your Rabs be hole and unbroken stop them vlos and set them in a seller ten days then put it in a Mould still amodarat still it draw not past two quarts for if you draw to near the Rabs will not keeps mick your two quarts together then take freih Rabs put then in apitcher and set it in apot to boyl when the vlear vomis as you doe vleare vakes tak the thin from it and put suger to it and boyl and scim it well and with that vouler your stiled water but if you find it not sweate enouf put it more suger till it fit your pallet bottle it not to full for fear the strenght of it will break your bottle keep it vlos till you have it

To Presarue Cherryes to be in Gelley.

Take A pound of Chereyis the farest you Can gitt and cut the Stalkes half the way then take a sharpe knife and Crose euery Chereyis on the tope but you must not goe to deep then take three quarterns of a pound of other Chereyis and Breake them with the Backe of a Spoune and boyle them without any water till you see thare Luguar ~~into a bason and de~~ turn to the Coler of Clarrett wine then strene that Luguar into a bason and take a pound and quarter of fine Sugar and deuide it into three parts put one part thereof into your Surup and lett it boyle till your sugar be well dis ould then then take it of the fire and skime it then let it stand till it bloud warme then put in your Cherreyes that you meane to presarue and let ~~it stand~~ them boyle as fast as you can when thay boyle to the ~~po~~ top strow in one part of your Sugar then let them boyle up as fast as you can soe take of the fire and skime them then put in the other part of your Sugar and let them boyle as before then take them of the fire and prick a thine trencher upon a knife poynt and that will take of all the skem att one time when thay be somethinge thicke take them of the fire and take them up and Coule them and betwixt hot and Could pott them and soe keep them

Lucutelas Balsom

Take halfe a pound of Bee waxe ~~of~~ one pound of renes
Turpetine and 3 pint of the best salit oyle and oune of Red
Sanders the puerst that you can be geten in fine pouder
wash the Thrpetine in Roswater and beate the oyle with a pint
ether of whitt ~~and~~ wine or Claritt till itt bee uery thick the waxe
must be cutt in small peices and put into A pipkines or pot contaning
fiue quarts and so sitt it on A Charcools fire and melt it then
take it from the fire and put in the oyle ~~a litill then take it from~~
~~the~~ and Turpetine and stur it uery well then sett it on the fire
anane and stirs it ~~uery litt~~ till it boyle let it boyle a littell
then takit from the fire and put it up for one night when it
is could make a whole through it with A stick and sett it so that
the water may run from it then cut it out scrape of the drose
sett it one the fire and when it tis melted put the sanders stur it
uery well and let it boyse a litell take it of and neuer Leeue
stiring let be could thicke so put it into pots and keep it for your
use the oulder it tis the Better this will cuer all maner of Aches
out ward or in ward Brusis or wounds or ulsers will proued by many
for inward greef you must swallow as much as a nutmegge Rowled
in sugar or hony in 2 or 3 pill and drinke hot posit drinke after
it tak it moring and and euening for 3 days or more

To pickle Cowcumbers

Take your Cowcumbers all of abignesse as nere as you can take dill and lay it in and earthen pot and lay your Cowcumbers upon the dill then heate a panfull of water scalding hot then pouer itt upon them and couer them up and Let them stand all night the next day poure the water from them and heat it agane and soe doe euery day till the Cowcombers sinke to the Botam then poure the water from them and couer them ouer with wingar

To make a Lilybub

Take halfe a pint of rasberys straygne them into as much whight wine then take a pint of Creme and sweeten itt and with a glas tunnell powre it upon your wine and lett it stand 12 howers

Sprisit of Resberies

Take to ~~eey~~ euery quart of Resberies a pint and halfe of Sacke put them into and earthen pott stope them uery close & sell them to mfuse 8 or 10 dayes in a could seler then distill them in glase still with a soft fire Littinge it drope into fine sugar you may drow tow parts of three that you put into the still to giue it a tinker take a portion of Resbeiry put them into a botell of sacke that onely couer them stood ffiue or sixe dayes straine it out haueing ~~stood~~ mad it sweett with sugar and mingle it with the rest

Dock Roots Ales

To sixe gallons of middelling ale put in halfe a pecke of yellow dock roots sockto ry and sorell roots ~~must~~ of Each two handfull the roots must be Cleane washed dryed and slitt not scraped but bruised in a morter and put in to ale soe soone as it is tund you may drink of it after foure dayes in a morning fasting and in the afternoone when it is sower it tis not good - but to preuent sowering put in to the Baruell an egg shell and all

To make sugar Cake

Take a pound and a quarter of fine flower a pound of dubell refined sugar a pound of fresh butter steept in rose water ~~d~~ all night the yolkes of eight eges the skines and treade being taken out eight spounfull of thicke Creame beat them well together put in the suger to the eges stur it well then wring out the butter out of the rose water ~~all~~ and brake it into bits then mingell the flower with itt ~~rub~~ make it into past lete it Ly to stiffen and ryes then Rubes plates with bran and roule out Cakes as thinn a tarts lid and when thay be in the ouen and temperatly hot thay will begine to louke a littell yullow on the egcis then thay are ennufe take them of the playts before thay be Could with a knyfe

An oyntment for the splene
or any other observation these are the Ingredients

may Butter fiue pound Blacke Snayles a poth frankencense halfe a pound hens dung a hanfull oyle of Capone a pint Elder Camomyle sage Lauander ~~hanfull~~ mint hearb grace worwood Buglase of Eacha of these handfull Brok Lime sonderwood Lunender Cotton of Each ane handfull

to presarue a precokes

Take a pound of aprecokes and stone them then scald them antill thay will please to pill then take a pound of sugar beten small and put it upon the aprecokes as yow pill them and soe lett it ly upon them untill it be melted and then boyle them up and lett them stand till thay be could

To presarue Cherres

Take Cherres and stone them then put them in a thinge and couer them close then sett them into a scellet of water and keepinge it with boyleing untill the Juce be cleare then straine it and take 3 quarternes of sugar and in 6 or 7 spoonfuls of the same juce with a littell water then boyle them and scume them then take put in a pound of stond Cherres and boyle them uery fast and as thay boyle put in a nutter quarter of Suger and soe lett them boyle till you thinke thay be ennufe soe Letting them coule put them into your glasses!!

to make Lemmon Creame

Take a pint of Creame and set it on the fire and when it tell is redy to boyle take it of ~~Light~~ and put in the Juce of Lemmon or ~~two~~ tow stur it and hange it up in a cloth put in when yow dish it up

To presarue pipins take

apound of pipines and pare them and cut them in the midell and core them and put them into could water take apound and a half of sugar and a pint and a halfe of water boyle them up and scum itt take the pipins and put them into the surup and lett them boyle as fast as you can till thay be cleare and when thay are almost ennufe put in a ber Littell canded orrenge sliced thinn then put in a littell musk or am greece tyed in a littell tifaney and when thay or could take out the muske or ambor greece and soe put it up

To make sacke Creame

Take a pint of Creame and boyle with a nutmege then beat the whightis of eight egs and stur them into it set it on the fire agane and when it boyle take of and brew it with a quarter of a pint of sack

mr Briscoes resset to make the Elix: Propr:

take the beast English saffron Barbadoyes Aloes. myrrhe of each one ounce spirrit of harts horne 4 ounces spirrit of wine eight ounces then put in thes engreedences aboue mentioned and lett them digest for a mounth in the sun Glosse stoped up then decant ore filter them for your use

to make Lent pottage

Boyle ye peas in riuer watter and when they are boyled well Straine them throw a Cullender put some Spinage and Sorrill Chopt small with a bunch of Green minte, if none dryed then put in some milke. Set it ouer ye fire and let it ~~Stand~~ boyle put in some french bread Sliced verry thine and dryed before the fire when you are goeing to dishe it up put in some fresh butter and Stire it togeather with a littill peper and Sallt

to make a peas Soup

take a Legg of beaffe and put to it boyling a peas of beacon and some peas and a bunch of Sweet hearbs 3 ore 4 whole oynions some green mint when it his well boyled Straine it throughe a Cullender Squesing ye peas very well take some Spinage and Sorrill washt & Chopt not small Set it ouer the fire to dryue it a littill then put in some of the broth the fatt being taking of when it is boyled a littill put in a bunch of Green mint some milke and some oetmeall Straine it throwgh a Seiue put in the tops of french rolls well dryed before the fire put in some fresh butter you may put in some balls of forst meat if you please

83 August mary maddisson bill of hur close the 12 1673

mary

A sut of Lase Lining
7 Aprons 14 shifts
2 was cotes
3 sut of night Cloes
5 pare of sleues one pare of Littell coufes
3 pare of rufill 6 bebes 3 lase for harnegk
one shap an bib one plane scred
6 pockit han cicher 2 neck hankircher
one lase pettcote 3 whit pet cotes
2 pare of stokenes 2 pare of soke
a whit hod one Blak hod one Littell scare
one great scarfe one uiserd come an brush
2 nap cines a seluer spone a baskit

To make Luketelas Balsom

Take a quarter of a pound of Bees wax cut in small peeces a pint of sacke put them together and melt them and when thay are clene melted take them from the fire and soe lett them stand till thay be could then take halfe a pound of venice Turpintine well washed in rosewater a pint and a halfe of very good sallet oyle put these into the sacke and ~~wa sacke~~ wax together with a very soft fire till thay be well incorporated then take them from the fier and when it is through could take the cake from the sacke then melt the cake and when it is melted put an ounce of the best red Sanders sifted and so stir it till it be could but let it not be done in Brass this is the reit

To make Lucketelus Balsom

Take a quarter of a pound of Beesswax cut in small pesis a pint of sack put them together and melt~~ed~~ them and when thay are clene melted take them from the fire and so let them stand till thay be could then take halfe of uery good sallet oyle put theess in to sacke and waxe together with a uery soft fier ~~and when it is tr~~ till thay be well incorporated then take the cake from the sack then melt the cake and when it is melted put an ounce of the Best rede sanders sifted and so stir it be could but Lett it not be dune in Brass

to make a Surfitt watter

to a Gallon of brandy put in a a pint of Damack rose watter a pound of Sugar a pound and a halfe of Raisons of the sun stoned ore not stoned halfe a pound of daitter stoned and sliced one ounce of mace and one ounce of Cloues one ounce Cynnamon the Cloues must be bruesed one ounce of Anniseeds rub'd a quarter an ounce Lickorish scraped and sliced

Are sett for a fisick drenk

Take of fine Rhubarb sliced halfe an ounce
of Polipodium three ounces
of senna four ounces
of the best sarsaparilla sliced ton ounces
of sarsafras Rasped ton ounce
of fine china sliced ton ounces
of sweet fenellseed and
of Aniseeds of each brused one ounces
of bay beries on ounce
of Juniper berris four ounces
of Agarick ton ounces
of hors Rhadish sliced four ounces
of Broek lime ton handfull
of Broome Ashes six ounces in a littell Rag by it self all this
things brused and sliced infused in 4 gallens of the strongest
Aell eight or nyne dayes then Lett it be Drauneout and Bottelled
Close of which drink morning and eeening a pint

drogters

at the fesick
shopes

Creame of Tarter one ounce
sea holly root one ounce pouded
mixt put it into posset dringe and
set it over the fire keepe it stirringe
elss twill salle to the bottom
let hi drinke it when luke warme
and have a tare of cold after

for the Stone.

take ould Accornes and drye them to a pouder
and when you find the fit a Coming take as much
as will well liy apone a shilling and put it in a Glase
of reniche wine ore in some hot alle and drinke it
up

℞ for the Collicke

℞ take a glister Maide of Sake
the quantity halfe pinte and if
you would have it worke put in
a Spounfull of Sweet oyle

mr Briscoes ressett to Cause a spitting and to open the breast
oyle of Sweet Almonds newly drawne Surope of maiden Haire
of each one ounce and halfe of white Sugar Candy a dram
and halfe use it with a Liquorish Stick

A botell of good white wine takee to every Botell of wine a quarter of a ounce of Large maise and one nutmege brused and 6 cloues some of a Large peper a race of Ginger and a Cloue of Garlicke stope them very well up

wite peper

tap take your mushromes and pille them and ~~them~~ as you pelle them throw them in to water then drye them very well and wash them in wienegar

take your Coucumbers and wipe them very Cleane take ye of the Beast wite wene winegare to every Gallon of wenegare halfe a ounce of Large mace a caupall of nutmages a ounce and a half white peper half halfe a doussen rasses of Ginger some dill so put in your Coucombers in to this Could pickell so let them stand 10 dayes then take them from your pickell then boyle your pickell with quike fire then stowe them up with a littill Loump of allam and this will persarue them all the ycare round if the trun a littill pale boyle them ouer a gaine you must not put them in till they boyle

To make oringe water

Take a pint of Juice of oringes and Adoson and halfe of the pille cut uery thine and too quarts of suck and too of Brandy then put it in to the still and still and stire the Juice and sack to gether then put put the pill to the sack and then paste ithe still close up ouer night and still it of the next day you may drow as much of as you put in Lick quer it will take up a pound of suger or whit suger or whit suger candy Lett it be betten fine and put in the bottles for the water to run upon

the Surrup for a Cough

take fennell watter one quart the watter of unsett hyssop one quarte one pound of brown Sugar Candy fower ounces of Lickorishe finely scraped boyle all these to gether to one quarte, then put in one quarte of Surrup of ellder let it. boyle a littill after that is in let it Stand upon the Lickorish all night in the morning Straine it take too Spoonfuls night and morning and at euery other time of day

For ye Dropsy take a pinte of mustardseed & bruse it a little and put it into a limin bagg & put it into a Runlett of four gallons of small ale & when it is a weerke old drink it for your constant drink & soe have runlett against that is drank & yn fill up ye runlett ye second time & make yn againe ~~make~~ new ~~with~~ new mustardseed

To make Plague water

Tak one pound of Rosemary of Fetherfew wormwood hearb of grase Bornett sorrill sallindine Cardus Balme Dimpernell tormentill Ely company Roots of Each of thos halfe a pound of Peayles mary golds pancies as much 2 ounces of cardiman sweett fennell sedes Carry and anaiseeds shred the ~~[illegible]~~ hearbes small an Brake your seedes an putt them into an Earthen pott and put to them tow gallons of sack an ounce of Cennament of Cloues nuttmuggs venice Trekell and Discordium of Each halfe an ounce couer your pott close and lett them steep all together three dayes and then still them of in a cold still

to make Bame Wine

take aboute too Larg pailes of watter sett it one the fire, while could put in the whites of six eggs well beat, let it boyle near an hower keeping it well scumed then take it from the fire and too 9 Gallons of that watter put seuenten pound of the beast white sugar then let ye watter and sugar boyle Lessurly too howers then put it into a tubb till it be allmost could them make redy too pound and a halfe of the tender tops of bame brused a littill then put them into a uessell put ye Lickquore upon them with a penniworth of new bame keep it sturring euery three howers for twenty fower howers then stopp it up for a mounth uery Closse then bottle it up in euer bottle put a smalle pesse of sugar the beast time to make it his in June

to make a Creme Chees mrs squibs vaye

take 2 quarts of sweet Creem and of watter as much Runnit as much as will bring it when it his come take it up and put it in the fatt and put about halfe pound waight and lett it stand one a siue with asthen Leaues nettles Leaues ore rushes - -

August the furst 1688 what my Dater that is at home nary she had

To make Mead

Take eight gallons of water and boyle an houre
then let it stand till it be cold, then take your honey
and dissolve it in the water, untill it be so strong
that it will bear an egg: then take 8 to 10 eggs and beat
them shells and all very well and put to them a
handfull of the toppes of rosemary and when the
liquor has boyled a little white very fast, then put
your eggs and rosemary into it, and as it boyles,
scum it very cleane, and when all the scums off let it
boyle a pretty while, then slice a pretty deale of
ginger and put the liquor to it boyling hott and let
it stand till it be cold, then put to it a spoonefull
of good new yest and let it cool, and when it has stood
4 or 5 dayes bottle it you must straine the ginger
from it before you sett it a worKing.

to Stew apples

take eight of the beast and Clennest pippins you can
gitt rub them with a Cloth but doe not paire them cut
them in halues and take out the cores put them into
a puter dish sett them ouer a Chafind dish of coles with
some watter and a Glasse of whitte winde a littill cinamon
with a cloue ore too and a littill of the rind of orange
cut uery thine as they stue halfe a pound refined sugar
by degrees sturring them often and when they are a enoughe
put in a littell Iuse of orange and soe send them in

to make Cherrey brandy

take six Gallons of brandy and put to it twenty fower
pound of black Cherrys picked and break some the stones
fower quarts of mulberries too ounces of Iamaca peper
bruised too ounces of ~~[illegible]~~ Ginger Scliced tiyed up in a Cloth
with a stone to sinke it you may put what quantity
of sugar you please but if the Cherrys are good
you will need none ore very littill

A resset for the scurey

halfe Dram of Gum Guaicum taken twentey morning
together in a Spoonfull of honny

my Dater margret August the furst
ib 88
sent hurto by a pebcot — 5 — 3 — 0
for 2 yerd and a hafe of
Bengall for a Aprose — 0 — 4 — 0
she had more — 0 — 15 — 0

for to mak surfitt water

Tak a gallon of the Best Aquevite and 2 pound of rasones of the son stoned 3 quarters of a pound of dats stoned and slised a ounce of mase a ounce of sinemon a ounce of clouse all brused a ounce of Anaseds roled and pecked bounces of Lickaris slised a pound and haft of suger Candy put to the Aquevity then lett it stand 3 dayes then put to it 3 drames of musk and 6 Amber gresc A pint of Damer Rose water and 3 quarters of a pint of pope water to this gantity you must put 3 hanfull if corn pope ~~water~~ well robed and pecked lett it stand 13 dayes then strenit if in a flanin Bag and Bottell it if

how to mak the sekentime A galon of Aquity 2 pound Rasons ounce Anasedes and the same quanate of resonsater and pope water will make it a gane

a Sarecloath for a Straine Swelling ore bruits what so ever

take a pint of the beast Sallit oyle, halfe a pint of Red Led finely poudred and Sifted through a fine Sive, one Spoonfull of minise turpintine mixe thes togeither and Sett them one the Gentle fire and Let it Boyle, continualy Sturing it with a wooden Shie for fear of burning to to the bottom and when it his a enough which you may by its turning of a darke couler, and dropping a littill of in a puter Dishe and it will come of thick before your nailes tis anoughe then have flaxen Cloths Redy to dip in as Soune as you can and take them out with Sticks and hang them one Staves till they are Cool to handle them oyle. y^r hands a littill to keep them from Sticking and Stretch it out and then Stick them one a bord as may be rub with oyle. So keep it for your use — —

— — for the falling Sickness

take the powder of Corrall red ore white as much as will ly upon a Six pence in Rew watter — — — —

— — — — — — — — —

allmend Creame

take a quart of good swat creame and streane tow it a quarton of a pownd of allmonds finly beaten with rose water and in a glas chare shak it till be halfe Churned then swecten it with sugar

A Cwre for a Cold

Tak flowr of bremston and wingle it with honey and tak as much of it as tow wut meggs than tak 4 sponfulls of smple mint water and as much of isop water put tham to geader with a lettell suger canddy and drink it after you hafe taken the othor tak this mornin and nit tall you be curead

a qaakin puding

tak a pint and a halfe of Creame 3 or 4 eggs halfe pd of napol bisit gratit 2 spunful of flowor on nutmeg beat all will to geder than hafe redy bolen wator dep the bag in wator so put in the puden let it bole for 3 quartors of an owre

Lemon biskeat

take 3 lemons great the pell and put it in tow a pund of duboll refined sugor then tak as much froth of whits of eggis as ~~wi~~ will wet the sugor and then beat it in a marbell mortor tow a past butter papers and ly it in lumps let not your oufon be tow hot

to mak litle Lossings

take 2 o 3 spunfols of dudole refind sugor put it in to ~~el~~ elfor porngor and mak it hot as you can with out likor hafe a few wilots beaten with a spunfol of wator and a lettel gous of lamon than put it in to the sugor but besure you doe not lat it bole but stand to be thik than drop it thos you mak aney coloread ons with consleps or any thin als

to Stanch the blood of a wound

take hassell nutts kernells and Stamp them Smalle and Lay them to the wound and it will doe the effects

to Sanch bleeding athe nose

take perewinckell an hearb soe called & stamp them it Smalle and Laye to the tempells and nape of the necke and it will doe the effect

Tak of rue of sage of Ground iuey of Betony of sage of each 3 hanfull of Gret Comfrayrats slised 2 handfull of sowes washed and Brused 200 hang them in a bag in 3 ~~dayes~~ gallons of small Ale after it hath don work in 2 or 3 days begin to drink it a drauy tuise a day this is Dock wall graue diet drink

for surop of vilets

take your wilets and peck thame cleane from the whit and put tham in tow nerathon pot and cufor tham with boley water so hat tham stand all nit thane strane thame and tow eufery pint of swrop a pund and a hafe of sugor so bole and skeme it tall is a surop

never faills

mrs Lowards medicine for the headach which take the Green rine of elder soe much as being wroung together shall be as begg as egg and the 4 part of a Quarter of a pint of aqua uita white wax the quantety of a wall nut and new fresh butter the Quantey of halfe a walnutt mingle these together and heat it one the fire

To mak sworrop of lamons

take of the ineseat lemons and cut tham in halfs so squese out all the guse and let it stand all nit till it be cleare than stran it and to a pint of gus tak on pd and a gurtor of the best lump sugor beten and put in to it so let it stand a weak stiring it every day once than set it on a cafing dish of cols till it be caldin hot and the sugor be disolead through ly but not to bole and skom it cleane and whan it is cold put it in to glas botls and kep it for your

To make a fine possot

take 2 quarts of now milke and 6 naples biss keat Cut ken tham nery then and put tham in tow the milk in a littel skellit and boyle tham well to geathor then take it of when it is all most cold put it in tow a bascon to 3 quarteis of a pint of sake

The

Couslep wine

tak 3 galons of wattor 6 pd of sugor boyle tham to gadar and skem it clean and whan it is cold put to it a pd and 3 quartors of only the tops of the flours cut 2 lamons and put in and 2 spunfuls of alle yest stor all this to gador then putet in aney thing to work and aftor 3 days take the cleare and put in to a Lettel vesol Clos stopt for 3 weaks at Lest so Bottel it oup and kepe it a munth then you may drenket and ef it Be rit mad you may kepe ett a yeare for a Consumsion

take 3 pints of now red Cows melk and on pint of red wine 3 or 4 yolkes of nou lad egs Bet tham all tow gador then take as much fine mancat in slises as well suk oup all the sickor so put et all in to a sempell still and dis still it with a soft fire then take a spunful of et in your Broth for a munth tow gador or as Long as you ples

an Recipt to make a Carrot Pudding

Take too ore three Carrots gratted, and some thing more then a penny loafe Gratted, take six ore seuen Eggs and put a way the whits of too of them soe mixe them with a pint of new milke, a nutmeg grated & halfe a pound of sugar, season it with a littill salt and put about halfe a pound of melted butter then sture it till you sett it in the ouen, if you boyle it you must put a handfull of flower in it the Carrots his better if they are driyed by the fire befor they are graited

— — — — — — — —

to rost a Pike

Scalle ye Pike and scourre it well with salt Lard it with Lemon pill take a french rolle grated, halfe a pound butter an anchouy some Lemon pile shreed small halfe a gratted nut meg, a littill sweet margerome & time shreed s make them up into a puding and sarue it up in the pikes bely when ye Lay ito the fire drudge it with graited bread before ye baist it make ye sause with anchoueys and wine as for a boyld pike mixe ye pudding with it as you eat — — — — — — —

for a Cansare in the brast

take the Corns that grow upon a horses Leggs wash them in white wine then drye them to powder and take as much of the pouder as will Liy one a six pence euery morning in a spoonfull of white wine drinking a littell after it

To make Almond Butter my Lady denbe resett

Take 2 pound of flat Almond of 12 pence the pound
and lay them in water all night and in the morning
Blanch them in fare water than take 2 han full of
Vilits and infuse them in a ~~pint~~ Agret skillett of
water then Bet your Almonds uery small still pouerny
in som of the water till it be thin strain eit throu a can
uis and beat the Almonds ouer againe till all the good
nes beout then set your amonds ouer a good fire
puting to it the fuse of lemond a litte rose water
and a little sack stur these into it gether as chese
without boyling till it turn thin take it of and
pouer it soflyinto thick Cloth and hang it up to
dren and the next morrin take it out into a
a bason and sweetin it with rose water and fine suger
if you can git no vilets you may put in a litle syrop of
willits soe sarue ~~it~~ up with wafers

To pott fowle

Furst pick them clene and singe em awash em and parboyle em a little then season em with Cloues annutmeg Beaten small an mingled with salt and let em lye 24 houres then place em in your pott an strew on them some whole cloues an mace then power in to them as much melted Butter as will couer em stop em up close an bake them an when when thay are baked enough take em out an lett them stand 2 houres then take em out of the pott which thay were baked in an putt em into the pott you intend to keep em in then power all the clear butter into em an take care there be no drosse in it then add to that as much Clarified Butter as will be a inch thick aboue the fowle

to make a florentine.

take half a pound of the beast Almonds blanch them and beat them as small as ye can with rose watter one spring flower watter put in a quarter of a pound of fine sugar beating them well together then take 4 eggs Leaving out the whites, then take a pound of butter and let it be very good melt it and then mingle it all together in the butter and soe put it in to puffe past

To pott neates Tongues

Take salt peter an mingle it with other salt and pouder your tonges uery well with it then lay them into a pan that may saue the Brine these must ly in the Brine a fortnight then boyle them untill the skine will come of then put them into an erthen pott and fill them up with melted butter and stopp up the pott close with paste and put it into a ouen with housold bread and when thay are Baked enough take em out of the pott an power out all the butter and wipe them Clane then lay em in againe as close as you can then put to them as much clarified butter as will cover them and tye them up close

To boyle a turbutt

Take your turbutts and gut it and wash it very Cleane and Laye it upon a fish plaite and seson it with sallt then hang your Kettell one with faire Liquor and some vineger and some salt and a bundell of sweet herbs and when ye watter boyles put in ye fish and when it his boyled take it out and sett it a dreaning and when it is dreaned put it in your dishe sett it ouve some Colles lett it drean there then take some strong broth ore a little Graue and a littill oyester Liquore & some oyesters & a littill bundell of seet hearbs and some whole spice some anchonis and a whole onyon and some horse radish shreeped

To make Collar Beef

Take a thinn flank of beefe lay it water three houres then take it out of the water and salt it well with spanish salt and let it ly in the salt 7 dais then wash it clene water very well then take a koleing pin and beat it ~~well~~ littell then with a knife cut the Inward side of it Crosse then strue som pepper nutmegg clows an mace an beat them small and strew it on the inside of it then take som sauory time sage an bay leaues shred them very small an strew them one the spice then roll it up an bind it very hard with a pack thred then put it into an earthen pott fill it up with Clarett and bak it

A Cuer for a cold

Tak flouer of Brimston an mingle it with hony and as much take of it as two nuttmegge then tak 4 spoonefull of simpimple mint water an as much of Isop water put them together with a littelle suger Candy and drinke it after you haue taken the other take this morning and night till you are well

Another Receipt for making Plague water

wormewood	marygold	sorrill
sallendine	Dragons	Rue
muggwort	pimpernell	Balme
fetherfew	Burrige	sage
Eggremony	Burnett	

If you plese you may putt half sack you must steep it in a Earthen pott

of Each of the a boue said herbs one pound an Rosmary 2 pound a root or tow of Elicompane scrapt and the herbs cleane and dry shredd small and laid to steep in the Best whitwine as much as will Couer them so lett them ly 3 dayes then tak the herbes from the wine in a Callender ~~so let them ly~~ and still them in a common still with a Reasonable fast fier saue the furst and strongest by it selfe this with a little metheredate will draw away infection from the heart the small water is good for the stomack if ill or ouercharged

The snaile water good against a consumption
Dropsis Jaundies it procureth appetite

Take a large peck of gray snailes wash them in beare
then set them in ~~a~~ a ryron dreping pan on a
Charcole fire and keep them stiring up and doune
in the pan till thay leaue makeing any noise then
take them of the fire and with a knife and a corsell oth
pick and rub away all the froth and when thay be cold
stamp in ston morter uery well tacke also a quart earth
woormes slit and scours very well ~~take~~ with salt and
water then wash them in bere stam by them selres
then take the pot on which you will set your Limbeck an
lay furst in the Bottome 2 handfull of Angelico as much
sallendine Egrimony Bettony and Berefoot dock roots
and Rue the roots must be pecked fenigrick Turmer
ck ~~Tormentill~~ of each one ounce saffron the wight of 6
pence all Betten to pouder lay in next these a quart
of Rosemary flowers then lay your snailes and wormes
being setled in the plase where you intend to
destill it powre in 3 gallons of very strong Ale not
to stall and so couer it close at lest 24 houere then

when you are redy to still strow in on the top 6 ounce of hartshorn shauen and 3 ounce of cloues betten stor not the pot onely press doune the things gently with your hand so sett the Lymbeck fast with paste then mak your fire and preserr it in quarts and keepe it a part and as you use it you may mend the small with the strong this may be taken at any time 2 or 3 spoonfuls of the strong if one be sudainly sick take fasting in the morning and in the afternoon 2 spoonsfull of the stingest with 4 of beare and of the small 4 spoonsfull of sack doe not eat drink nor slespe for 2 or 3 houres after the small is best for consumptions

an Recipt for the Stone

take a pint of white wine make it into a Clean possit drink of Skim milke take of the curd put in Pellitory of the wall & plillipendola as much as you can Grasp and of march mallow rootts the proportion of your Littill finger boyle them three ore fowre boylinups then Strein the herbs so Sweeten it with Sugar to your palleet Devede this Drink into 3 parts and Drink in the morning fasting Lake Waren the day before the the Change that Day and the Day after Like wise of the full of the moon fasting two hours after and using exerse

To make a Cou hele puden

Take halfe of a Cow hele an of suitt fine shrid the Crume of a pene whit Lofe grated haffe pound of Corents begge niutmeg suger and salt and hafe a pint of Creme mix all those together and put it in a Cloth it will take an houer an a hafe boyling

Cordiall or surfett water

Take halfe bushell of poppys speremint balme dragon Angeloco and marygold flowrs of Eath vn hanfull of rew a few spreys of rosmary putt these into six qarts of Brandy let it stand nine days in the sone close stoped stor it euere day then stranid it of and put into it half a pound of Kasones stoned an halfe a pound of dates sliced the stons sleted and broken Anasedes careunder seeds Eath halfe an ounce and one pound of broune suger Candy shak it ~~wh~~ twite a day vntill it be disolued then strained it again and bottill it up

madam Cranes Concultion water

Take marygold flower the Leaues of motherwort mugwort
Rosmary wormwood and Rue of Each alike quantity of Angelao
adouble the quantily cut the herbs and distill Euery one a part
with about halfe a pint of white wine to a still full of herbs then
mixt the waters attogether and when you use it put equall part
of sorop of popy and marygold to it in the begining or yust before
a fit giue a Child 3 spoonfualls and after for 3 mornings fasting
one spoonfulls before the full and new of the moone and so 3 dayes
after it if you see still that the fits doe continue giue now and
then a spoonfull keepeing the Child warm it may be sweetened with
a litle sugar if it is Easier taken

to Candy oringe flowers a good waye.

take the flowers and cut them take of the Stoakes and Seeds then
take as much double refined Sugar as you think will doe your flowers
let it boyle to a Candye hight then put in ~~your flowers~~ on Spounful
Cold watter Stur it a littill then put in your oringe flowers and let
them boyle allmost a quarter of an hower then take it off the fire
and drope it one a plaite it will ~~soune~~ drye Scume ye Sugare
well

for Cornes

Take a great white oynion slice it and put it into Soke in white wine wingar then take some of it and lay it to the Cornes Soe at nigtt day by day and in short time with the poynt of a knife ye may pould out a long root which will com from the bottom, Prince Griffen was cured of his by applying euery morning ye white knob which sticks to the shell of an oyester after you pull the oyester off ye must take the littell part of the oyester and with a knife march it well together one the sell and then aply it to sick a plaster — — — — — — — — — —

Duers ressetts for a Consumption

Keep Juice of Lickoresh in your mouth when you goe to bed for that Destilling from thene littill by littill falleth one your Lungs and doeth them good — — — — — — — — —

an other

Stamp 3 Glouis of Garlick and Eett them with butter euery morning an a hower after drink milk from the Cow with sugar or g sugar candy — — — — — — — — — — — —

drink goeing to bed a possit of muskedin and Eatt the crude 4 nights together — — — — — — — — — — —

in milke.
boyle neale with reassons till your meat his good for nothing whaire of your meat this good for nothing eat a dish full twise a day it will be better ifso if you put into it a viper ore adder the head and taile cut of the Guts Clene taken out and well wiped and flead — — —

Stamp too pound of daitts to which put a quart of hunny and of Long pepper Cloues and mace nutmeggs of each halfe an ounce boyle it Gentely into an Electuary and take the quantey of a wallnut furst and fast — —

Take Colts foot, wood Bettoney burnett Champhire roots, dryed, red Rosses, of each a handfull boyle all these together in 3 quarts of watter till one quart be consumed Strain it and boyle it againe with the whites of 2 new Laid eggs and too pound of Sugar till halfe a pint be consumed a then Straine it againe and take 3 spoonfulls 3 times a day the Last Surrup his excellent for shortness of breath — —

to pickell Broom buds.

Pickell ye Broom buds very Clean then Lay them in a pott ore barrill make a Strong Brine of white ore bay Sallt in the boyleing Scume it very clean when Cold put it to them and cover them very close and doe soe till they are green then make a pickell of ye best white wine vinegar and when it is Cold put it to them and Cover them very close

115 To make a seed Cake

Take tow pound and a halfe of flower an one pound and a
halfe of Butter Rubb your Butter into the the flower very
well till it be all alicke then take nere a pint of good Rose
Lett it 4 yolkes an two whites of Eggs well beaten halfe a pint
of Creame work it well altogether and let it lye an houre
before the fier to rise then take a pound of carraway Comfitts a
Pound of Bisket comfits till they are mixed well an halfe a
Pound the Bisket comfitts to strew on the top of the Cake.
mask it what thickenesse you please but never Cutt nor prick
the Cake on the top it will hinder it from rising it will require
but an houres Baking an it must baked in a hoofe

To mak spirritts of Citternes

Take six great Citternes and pare them very
thinn and putt to them two gallons of Canary an one gallon
of white wine put all these into the still and lett it keep
two dayes an two nights and then still it of with a
Constant fire and Sweeten with suger Candy

To make mead

Tak such a quantity of water as you intend to make and
boyle it over night for an hower next morning put in so
much honey as will bear an egge then boyle it till the scum
rises very well then take it of the fire and take six Lemons
Catt them rownd Rhincs and all an tak ~~it of the ffire and~~ halfe
a handfull of Rosmary an put the Lemons an Rosemary into
the vessell when you work the drincke then put ~~some~~ yest
the hot liquer upon them and lett it stand vntill its Cold
then put some yest to it and work it vpp then putt it into a barrill
and let it stand in it for a fortnight and then bottell it and will be
fitt to drinck in a month or lesse

To make Spirrit of oringe Lemmons

Take the Rhines of sixty orrenges and put them into two
gallons of the best sack and let them steepe two dayes an two nights
or more in the still Close stoped then drain it of an put to it as
much sugar Candy Cearsed as will sweeten it to your mind and
when the sugar is melted strayne it into the glasse

the Caner watter out mr Skeltons ressets

take 4 ounces of Calimenaris in one Stone, heate it red hott 9 times quenching it every time in a pint of white wine, then take 2 ounces of tutty heated in an Earthen Principle red hott 3 times quenching it each time in a pint of red Rosse watter then mix the wine and watter together, then ~~break~~ beat the Caliminaris and the tutty to a fine powder and put them to that watter and wine in a bottle Closse Stoped up Shaking ye bottle 3 times a day for 9 dayes together to in corporrate it together, ~~wh~~ then Shaking it dipp a cloth twiss a day and apply itt to the breast Cold if the party be not to weak

To Make a balsam for a Cough.

Take 3 lts of may Butter beat well from the buttermilk but not washed sun it as Much as you Can till the flowers blow then take 2 pts of broom flowers Clean pict and work em with yr hand in ye butter sun it a gaine till ye elder flowers Come take one pt of the wel pickt & work em into ye butter yn melt it Sloly but dont Let it boyl Strain it Clear of you must take the quantity of a nuttmeg morning and night it must not Stand above 2 days after ye elder flowers are in be for you melt

the yellow Salve for a green wound

Take rosen. beese wax. hoggs Lard of each ½ lt a handfull of esop Shread Smail boyle em together so trein it it is god to use with the ointment for a burn if it proves to be a sore

for ye paine in ye head

take powder of Dry bettony mingled with fine Sugar take when you feel ye pain Comes and after meat

Take of seadoes Daisies the flower leafe and roote, Pelletury of the wall, Car Curdus, Roman wormewood, wild mariorem, mother of time, egrimony, Scabius Sauery Rose mary Barsley, uarum, Pimpernell Saxafridge, Valerian, Auins, Colts foot Famerix Calamint Garmendar Angelica, Lauender hearts ease, water Cresses, Salendine, Sanalle, penyriall, Balme, time, setwell, un Sett Isop, Spere mint, Bittony, and Sage, of each of thes herbes take the quantity of a hand full after they are picked, of Sweet Mariorem, maiden haire, Camomile, Planton Rue Cumphey and yarrow of each of thes take a handfull before they be picked, of Rosmary flowres, Red rose leaues, Cowslipps flowres of each one peck, of parsley Seeds, Carraway Seeds, Annicseeds & fennell Seeds, of each two Drames, of pepper, Cloues Cloues, mase, nut megg, cinnoment, Ginger, of each tow drames of Cedaria graines, Quibbs, Rubard Slied thin, uerroinca, Gallingall, Mellelot flowres, Lignum Aloes, Calimus, arimaticus, Cardimoman Spinknard, Alcanga my rootes dryd, of each of these two drames, of Sassafrass Slised halfe an ounce, of Armaticum, Rosarum 3 drames, Juniperberries one drame, Cheanca roots an ounce, wash all the herbes and

Swing them in a Clothe and let them ~~dy~~ be dry before ye Cutt them and when they are Cutt, then put them into two ~~ea~~ earthen potts and put Seeds in the midst of the herbs & also the Spises & druggs being all brused, then put to them as much sherry as will Couer them all in the potts & let them steepe 24 hours & then put it into a Limbeck and make too Stillings of it, from wich you may Draw a pottle of water, from eache Stilling a quart & let that lye, then draw into another Glasse a quarte more out of each Stilling, and two dayes after it is done ye must mingle two quarts togeather in a great Bason, that is a quart of the furst drawing and quart of the Second drawing, then put it up into a pottle Glasse ye must in all make a Gallon, which ye must put into two pottles Glasses and then ye must put into two Glasses the Cordialls which follows --- one pound of sugar Candy, one Spoonefull of harts horne, Amber flower one dram flower of Corroll two drames, flower of pearle two drames Amber grease 20 graines Beazer 30 Graines musk 24 garines and put into eache Glase a bagg of Saffron as bigg as a nutmegg & put halfe the Cordalles into each one,

lett ye Glasse be very well Stoped with Corke & bound over with leather, and Shake ye Glasses twise every day for 20 dayes togeather — — — —

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to Candy pippins to Lock like amber

tak fare large pipins and pare them and bore a hole through them and put them in an earthen platter in the ouen Stroueing fine Sifted Sugar upon them, then Sprinkell A littill rose water upon the suger then bak them in an ouen Lett your ouen be hot as formanhant you stopee up the ouen and lett them remane in halfe an houer ~~then~~ tak them out of the dish and lay them on a lettis or siue an so lett them ~~remaine~~ dry 2 or 3 dayes then thay will Looke clear as Amber and be finely candied you may keep them all the yeare

A very Speedy medicine for one that his bitten with a mad dogg

pritty
take a quantety of watter and Bay Salt and boyle them together till they come to a Brine and anoyent the plasse bitten there with for want of Bay Salt you may take white Salt

for the Shrinking of the Sinewes

take the marroe of a horse bone and the crops of elders and as much of Sage and chopp them together and boyle them together in the marroe then Straine the hearbs and put to the Liquore one Spoonfull of hony 2 Spoonfulls of aqua composita and a quantety of peper and boyle it againe and keep for y use

for a Cold of any Sort Cought or hoarsnesse

take Conserue of red rosses wood Sorrill and hipp's each one ounce, Cenetine Electuary newly maide, halfe one ounce of Spiritt of Sulphur 30 drops, of Surrup of marsh mallocs as much as is sufficent to make it into an ell Electuary to wich add creame of tarter one Scruple take the Quantety of a Smalle wallnut goeing to bed his extraordnary good

To make a Tansey

Take ~~some~~ 15 Eggs and put away 3 of the whit's beat
emuery well then take some uiolett an strawbary leaue
Cowslipe leues a littell gren wheat six spriggs of Tansey a
good quantity of spinage wash these an stampe em
then putt to the hearbes halfe a pint of thick Creme an
straine em an you will haue a pint of liquer which you
must put to the Egge with a littele salt an sweeten it well
with suger then streine it an putt ~~it into the frying~~
~~pan ready an put~~ an put to it a grated nut muggor
two stirr it well together and putt it into the frying
pann an sett it ouer a soft fire so it may not smoake
an stirr it with a slice Continually when it growes thicke
haue and other frying pann ~~an sett it ouer the soft fier~~
~~so it gr~~ with a lettell Butter melted then pouer the
Tansey into it and with the slice put it a broad all ouer the pan
fry it and a littell an turne it upon a plate so fry it on the
other sid and when it is stiffe that it will Catt an not
sticke to the knife its and enough then queese some
oringe on an scrayce some sugar ouer it

to make Spirite of ote meale

take 3 ore 4 quartes of watter and 5 ore 6 Spoonfulls of fine ote mealle and as it boyles take of the white froth but it his better to take it befor it boyles with a Spoon but you must haue redy a pint of white wine ye Juy Juyce of 2 Lemons & Some of the peele taken of very thine and as much duoble refined Sugar as will Sweeten it it to your taste and as you take of the froth beat it in yr bassin and when you haue taken of all then Staren it throug a haire Sive and put it one to boyle then you must mille it call the whill one the fire then beat 2 eggs very well with 3 ore 4 Spoonfulls of white wine and when it boyles beat in the eggs but not one the fire but ye must put it one a gaine to thicken, it must be milled very well if it be well done it will be a fine froth and Sarue it up in Glasses ore Chenney cups

to Stew a rupe of beefe

in the furs plasse season it with Sallt and peper very well and put it into a pott and Couer it ouer with watter and put a pint of Clarrit to it Let it Sew Sixe howers put Lemon peel into it and a littell before you take it up put in Broom buds capers and a littell pickell coweumbers and oyesters 12 anchoues and the Juice of a Lemon and let it Stew till the oyesters are a noughe

A rebett for the greane sicknen

6 drames of rubarb
2 drames of Creme of tarter
one ounc of surrap of Cloues. gill of louers
one ounce of surrop of rosses
a pound of Blue Correns
a nutmeg 2 drames of pregnardesteell

make this into analictery and take the quantey of a nutmeg e morning and Eaeing drinking a mese of water fruille without salt or suger after it

to make Goesbery Currant & Raspery wine

take for every three pound of fruet a quarte of watter bruise the fruet and steep it in the watter 24 hours it must be stired severall times then lett the Liquor run throughe a haire sive to which put a pound of sugar to every three pound of fruit then put it in a Earthen Steane Covered a ~~forthig~~ fortnight ore three weeks then draw it into Bottles being well corked and tied doune at the end of there mounth you may drink of it

to make a Brown frickasey

tak ye Rabbitts ore Chickens and cut them into littill pesses then set it over the fire with a Littill butter and burne brown then flowre ye meat before you put it to ye butter then put it in to fry it Brown and when it his brown put in some strong broth a couple of anchones season it with salt and pepper, mince some oynion and strowe it with some parseley cut smalle you may put in some oyesters sweet breeads lamb sones and sausage meat let this stew well together better then a quarter of an howre if it be not thick anough you may thicken it with the yolks of too ore three Eggs then squese in the Juice of Lemons and sarue it up — — — — —

turn to 140

To ~~White~~ make a white frigasy

take ye Chickins if they be any thing old strip of the skin and cut em in pieces and wash em well so over some butter when it is just melted put in your Chickins and let em boyle a Little in ye butter then put in some strong broath season it with peper and salt put in the same herbs as to the other an onyon you make put in some harly Choakes bottoms boyld very well when its stweed enough thats tender break ye yolks of eggs if 6 Chickins some 8 eggs and great in some nuttmeg squese in some Lemon and beat it together you m put in a Little Cream and so put it into your frickasy keping it shaking for fear of curding when it is thick enough serve it up — —

A Reset to pickle mushrevms

Pells them and put them into water and lett
them lye 2 hours then put them into fresh water
and boyle them very litle while then put them into a
Colinder with a cloth in it and strue som salt
on them shak them well together and lett them s[illegible]
Ly 2 or 3 houres then put them into pickle thus made
Tak the best whitwine and put to it as much vinger
as will make it sharpe to your tast put in cloves mace
pepper and a fue bay leaus and when they have
been in pickle about a fortnight take them out and
sett the pickle over the fire put in som salt and boyl
a litle while scuming it cleare and when tis could put
in your mushrooms a yain

the Bitter Draft

Take halfe an ounce of Gentien a litill bunch of the tops Century
two ore three sprigs of Romain wormwood and drame of Cardus
seeds in a quart of white wine let them stand 2 ore three dayes
and then drink a small wine Glase morning and Eueing

An ointment for a pain or swelling

Take may butter 1 lb and the great tops and leaves of melelot shreed em and boyle em in butter till ye herbs look brown yn put in 2 spoonfull of good sallet oyle boyle it a little yn strain it and put into pots for use — — — — —

To Make Kickshaves to bake or fry

Take som puffe past and roule it thin if you have moulds work it upon them with preserved pipins and so close em and fry vel bake em sed when you have closed em then you must dip em in the yolks of eggs and that will keep all in fill some with goosberies rasberies curd marrow sweetbread lamstones kidneys of veal or any other thing that you like best either of em being seasoned before ~~th~~ you put them in According to yr mind And when they are baked or fryed strow sugr on em and serve em up

A Reset for to peuarfi the Blod

take 2 qarts of water an put in a ounce of Barle an lett it boly to a qart and put in a ounce of kingoe Root Candit an a peneworth of oxe Eies you may haue them at the Erbe shopes then infuse it on the fire till it be deuoled then tak hafe pint of nue milk from the Cow and put hafe a pint of the water to the milk and drink it warm night an morning warm for 20 dayes

For a rume in the eys

Take red Sage red femmele rue Stamp these and put thereto the white of a new Layd egg and as much wheat flower as will make it fit to ~~them~~ Spred on a piece of Glove Lether and Lay on each temple a plaister

to hach a Calues head and pluck

take a Calues head and pluck and boyle it then take the pluck and halfe the head and hach it season it with anchoueys onyons parsly, time mined smalle, some Cloues and mase beaten peper salt all thes according to ye pallit, some part of the broth must be put to it to stew in with some butter ad to this yolks of eggs, graitted nutmegs beat ye eggs with wineger ore rather a littill white wine and Iuse of Lemons the other halfe head boyle and strow it with peper salt and Grated bread and baist it with yolks of one egge and put it into the middle of the dishe sarue it up with sippits and Lemon

to make a Hash a Shoulder of ueale

take a Shoulder of ueale allmost rosted cut it into ~~peas~~ thine slices and shreed sweet hearbs some capers a littill cloues masse and nutmegs an anchoue mix these together then take the friying pan and put some butter in it and when it his broune thicken it with flower then put in the Graue of the ueall and ye meat and when it is stewing take the yolks of 4 eggs and beat them well together and take a lemon & cut it smalle in and fowre spoonfull of white wine uineger and a littill white wine beat these well together and when the meat is stewed enough put these to it; and shake it well and so sarue it up

An Excellent & wholsom Water-grewell is to be thus made

Into a Posnet of two quarts of water, besides ye due proportion of beaten Oatmeale, put two handfuls of Wood-sorrel a little chopped & bruised, & a good quantity of picked and washed Currans tyed loosely in a thin stuff bag, (as of Bolter cloath) boyl these very well together, seasoning ye Composition in due time with Salt Nutmeg, Mace, or what else you please; as Rosemary, &c. when it is sufficiently boyled, strain ye Oatmeal, and press out all ye Juice and humidity of ye Currans and herbs throwing away ye insipid huske; and season it with sugar, and buter, and to each pottingerfull two spoonfuls of Rhenish wine & ye Yolk of an Egg.

Venison or Mutton &c. is well baked in a Latin Coffin; but then you must line it within with Paste to have Pudding Crust, and cover it with with Paste as a Venison Paste. The Coffin must be near a hands breadth high, and more long than broad. you may have of Several sizes, to Bake from a side of Venison to half half or a quarter. To Bake Mutton &c. in a stewing manner, you must have a Cover to it of ye same like a Box.

C. M.

To make ordinary plain wholsome Posset, when you Sup hot Do thus;

Put a Pinte of Good new milk to bayl; as soon as it doth so, take it from ye fire, to let ye great heat of it cool a little; for doing so, ye Curd will be ye tenderer, and ye whole of a more uniform consistence. When it is pretty well cool'd, pour it into ye pot, wherein is about two spoonfulls of Sack, and about four of Ale, with sufficient Sugar dissolved in them. So let it stand awhile neer ye fire till you eat it.

C. M

A Nourishing Almond-Candle for weak Persons.

Take four ounces of blanched Almonds, Stamp & Strain them with a quart of Good Ale, then boyl it gently, & put to it ye yolks of two new-laid

Eggs, and season it with Sugar; it is very nourishing for weak Persons.

C M

To stew Apples.

Pare them, and cut them into slices; stew them with Wine and Water as ye Peare, and season them in like manner with Spice; towards ye end sweeten them with Sugar, breaking ye Apples into Pap by stirring them. When you are ready to take them of, put in good store of fresh Butter, and incorporate it well with them by stiring them together, you stew these between two Dishes; ye quickest Apples are ye best.

C M.

A Sack Posset as Sir Kenelms's House-keeper made it for him.

Take three pints of Cream, boyl in it a little Cinamon, a Nutmeg quartered, and two spoonfuls of grated bread, then beat ye yolks of twelve Eggs very well with a little cold Cream, and a

spoonful of Sack; when your Cream has boiled about a quarter of an hour, thicken it up with ye Eggs; then sweeten it with Sugar, and take half a pint of Sack, and six spoonfuls of Ale, and put it into ye Bason or Dish you intend to make it in, with a little Ambergrease (if you please) then powr your Cream and Eggs into it holding your hands as high as conveniently you can, gently stirring in ye Bason with spoon as you powr it: so serve it up. if you please you may strew Sugar upon it.

You may strew Ambered sugar upon it as you eat it, or Sugar beaten with Cinamon, if you like it.

C M

Sr Edward Bainton's Receipt to make white Metheglin, which my Lord of Portland (who gave it to Sr Kenelm Digby) said was ye best he ever drank.

Take sweet marjorum, sweet Bryar buds Violet leaves, Strawberry leaves, of each one handful, and a good handfull of Violet flowers (ye double ones are ye best) broad Time Borage Agrimony, of each half a hand full; & two or three branches of Rosemary, ye seeds of Caroway, Coriander, and fennel, of each two spoonfuls; and three in eight gallons of running water, three quarters of an hour, then strain it, & and when it is but blood warm, put in quer bear an Egg ye breath of six pence aboue scum will rise Then boyl it a[illegible] long as any, when it is almost cold, put in half a pinte ~~bol~~ of good Ale-barm, and when it hath wrought ~~th~~ til you perceive ye Barm to fall; then Tun it and let it work in ye Barrel till ye barm leaveth rising, filling it up every day with some of ye same liquor. when you stop it up, put in a bag with one Nutmeg sliced, a little whole Cloves & Mace, a stick of Cinamon broken in pieces and a grain of Good Musk.

You may make this a little before Michaelmas, and it will be fit to Drink at Lent.

M.

A Receipt for a Tansie,

Spinage, Sorrel, Tansie, Wheat, a Quart of ~~Cream~~ Cream, Bread (ye quantity of a twopeny loaf) twenty Eggs, and half ye Whites, one Nutmeg, half a pound of Sugar, and ye Juice of a couple of Limons.

Spinage is the cheef Herb to have ye Juice

wheat also is very good, when it is young and tender you must not take much sorrel, for fear of burning ye Cream, but less Tansie; so little that it may not taste distinctly in ye composition; I doubt there is to much bread; The Juice of Limons is put in at ye end of all. You may lay thin sleces of Limon upon the Tansie made, and sugar upon them,

C. M.

My Lady Paget's Harts-horn Jelly

Take a small Cock-Chick when it is scalded slit it in two pieces, lay it to soak in warm water until ye blood be well out of it: then take a Calves-foot half boiled, slit it in ye middle and pick out ye fat and black of it, put these into a Gallon of fair Water scum is very well then put into it a ~~non~~ ounce of harts-horn ~~ad~~ and half an ounce of rasped Ivory; when it is half consumed, take some of it up, & if ~~it~~ it ~~is half~~ Jelly, take it of. & put it into a bason; then beat ye Whites of four Eggs. with four spoonful of Rosewarter, & put it to ye Jelly with a quarter of an ounce of Cinamon well bruised one flake of Mace, three or four thin slices of Ginger, one top of Rosemary, & two or three of sweet Marioram, sweeten it with fine sugar. then set it over a Chasing-dish of Coals. & stir it well, then cover it close, & blow under it to make it boil; till ye Curd harding; then wring into tit ye Juice of half a Limon, and take it presently from the fire. & strain it: if you would have it more Cordial, you may add one Grain of Ambergrease, and half a Grain of Musk, ground with a little sugar.

C. M.

Syrup of Cloue-Gill flowers,

Take of ye best & fragrantest Clove Gilli-flowers one pound, ye Whites clipt of put them in a Pipkin, and powr upon them so much hot water as will cover them; crush them well down & let them stand all night then strain them, and warm ~~stand all night, then strain them~~ y Liquor gently and dissolve in it fine Sugar will suffice for a quart of Liquor: but take great heed you do not boyl it; for all Authers forbid because in ye boyling of it, you will lose all ye fragrant and cordial spirits of ye flowers if you find that your Syrup is to thin with three pound of Sugar to a quarte of Juice Some Women ~~doe~~ do aded: but I can assure you upon experience, that it will keep as well as if it had been boyled, and I am ~~sure~~ sure that it is a great deal better and more cordial, for ye reason which I have given.

Note, That some let them stand four or five days before they strain y Liquor.

To Preserve green Walnuts as they are done in France & Germany,

Take green Walnuts when they are of a fit bigness to preserve, which is about ye beginning or ye midle of July; pierce them ~~in five~~ through three or four days shifting ye water ~~or~~ twice a ~~day an hour~~; then ~~boyl~~ boyl them in fresh water for a quarter of a hour: then throw away this water, and powr ~~fresh~~ fresh boyling water water upon them, & boyl to tender; then powr of y Liquor, & to twelve pints there of take Six pounds of ordinary brown Sugar; dissolve ye Sugar in eleven pints of ye water; boyl it up and clarifie it with ~~Whites~~ Whites of Eggs; so soon as it

boyleth, put, in ye other pint of water: ~~boyl~~ which you kept for ~~of~~ that purpose, & as the whites of ye Eggs rise, put them down again; then strain it through an hypocras bag, & when it is cold boyl it up to a syrup. Then stick your Nuts with Cloves & cinamon, & put them into your pot, & when your syrup is cold, powr it upon them, so much of it that they may be just covered; & let it stand four & twenty hours, & ye syrup will be very thin, by drawing out ye water that was in the Nuts; powr it of, and boyl it up again & when it is cold pour it upon then again & when it hath stood four & twenty hours powr it of, & boyl it again to its due Consistence: then being cold powr it on again & as long as you see that the syrup groweth thin, you must still boyl it again.

Preserved Walnuts are very Cordial, Pectoral and stamached; they strengthen ye stomach, & cause a good Digestion, and are exellent in Fluxes and Loosness; they expel Wind out of ye stomach and Bowels, & are a most sovereign Antidore against ye Plague & infections Air

C.M.

A resete for the Icthe

12

Take a pound of ℓ allecomepany and boyle it in a Gallon of water, and when it has boyled a good wile [illegible]t that water awaye and so the second time, the[illegible]llon of friche water and boyle till it be uery t[illegible]omepany, the last Gallon must be boyled a waye to 2 quarts, then put in teaulfe peny worth of Safron

A Sartin Cure for the itche

Take a pound of Allecompany & boyle it in a Gallon of water & when it has boyled a good while put that awaye & so the second time then put a Gallon more water & boyle it to 2 quarts of water, then put in 12 peny worth of Saffron and desclue it till all the goodnes is out, then straine it & put some wite sugar in to make it palittable & so drink a wine Glase morning & eueing till you be well, take the roote with some hoggs Lard and beat it in a stone morter the root must be boyled till it is as soft a pap to an ~~yo~~ oyentment and so goeing to bed rube all the ~~Ioyents~~ goyents you must doe it before a fire you must begin with the drink 2 ore 3 morning before ye use the oyentment & drink ye Glase at night be fore noynt

To Stew a hare ---- Beat her well in her blood then Cut her in peices

and put her in a Stew pan with a Bottle of Clarit a pint of faire water 2 or 3

Sherlots and a Little pepper Salt and nutmeg Let it Stew till it be very

Tender. Then put in Half a pound of fresh butter 2 anchoues 2 or 3

Spoonfull of Vinegar or the juce of a Lemon and So Serue it up. ---

to Stew a hare

Beat her well in her Blood then cut her to piesses and put her in a Stew pan with a bottle of Clarit a pint of faire watter 2 ore 3 Sherlotts and a littill peper Sallt and nutmeg, let it Stew till it be very tender then put in halfe a pound of fresh butter 2 anchoues 2 ore 3 Spoonfulls of vehegar ore the Iuce of a Lemon and Serue it up

Adiett drink for to Sweeten the blood, for a Consumption

Sassaperelle and Chine Scorigne ra root of eache to ounces read and whit Sanders of each an ounce, geneper beryes Lickerish one ounce ~~Correander~~ S Currins one ounce Sennement and Correander Seeds of each 3 drames — —
enfuse them 6 ouers 8 quarts of Lame counded water and then boyle it till it Comes to 6 quarts then lett it Coule and Straine it of and botill it up — —

To hatch a Calves head and pluck

take a Calves head and and pluck and boyle it yn take ye pluck and ½ ye head and hatch it with an choys on yons parsly time minct Small Some Cloves and Mace Beaten peper Salt all these According to yr taft Some part of the broth must be put to it in ye Stew with Some butter Lemon ad to this yolkes of eggs grated Nutmeg beat your eggs with vinagar or rather with a Little white wine and juce of Lemon — the other half head boyle and Strow it with pepper Salt and greted bread and bast it with ye yolk of an egg and put it on to the middle of the disp Serve it up with Sipits and Lemon — — — — — — — — — — — — — — —

for a paine of the side ore any plurese
tack a gallon of red Cows new Milke and put a good
hantome quantity of Stone horse dung lett
them Stand a night Sture them well together
then put them in to a Could Still and so
Distill it of take a glase of this goeing to bed

to Make a hash of a Shoulder of Neale

take a Shoulder of neale almost rosted, cut it into thine Slises & Shred
a few Sweet hearbs Some Capers & a little Cloues masse and nutmegs an anchovey
mike these togeather, then take a frying pan and put Some butter in it & when it his
browne thicken it with flower then put the Gravy of the neale and yr meat
and it his Stweing, take the yolks of four egges and beat them well and take
a lemon and cut it Smalle in and four Spoonfulls of white wine using
vineger and a little white wine beat these well together and when the meat
his Stwed enough put these to it Shaking it well and Soe Serue it up

the best Custards take a quart of Creme thick: & yolks of 10 eggs shake & Cleare from & whits, & beat them very well, & put them into & Creme with a Spounfull of rosse water & some nutmegg, Sweeten it to your one tast; Straine it out & put it into & dishes, bake it in a gritty quick ouen, when they rise to the top of the dishes they are a enoufe — — —

a fine bake puding

tak 6 eggs yolks and ~~all~~ whitts & all very well betten, one spounfull of Ale yeast alittell nutmeg & salt as much flower as will make it prity thick ye power in a pint of Creme miex it well & sett it one the fire to rise 2 hawers stirre it often & put it into a littill tin pan butterd fill it halfe full, then put it in to a quick ouen halfe an hower bakes it — — — — — — — — —

to persarue Cherrys

take a ye Largest Carnation Cherrys when ripe but not to ripe, gether ye dry whilst ye sun is one them stone them & ade ther weight in sugare pounded & stroued amonge ye with a little Juice of Currants if ye have them, boyle it up pritty quick sheking them know and then, scum ye till you see them Jelly is a littill thick redy to drope, lett not ye spoone ~~drope~~ ore any thing ye Comes into it be wett dry ye Glasses very well & put it not up till it be a Littill ye Could because it will breake ye Jelly: Keep ye in a plase neather hott ore Could and they will keep well — — — — — —

to Mack fritters

take a pound of flower & a pint of watter & stir ye well together & boyle it on a Chafing dishe & put a quartern of butter & a littill salt fry them with Hoggs Lard, if it does not rise put in a Littill milke — — — — — — — — —

to stwe Carpes

Cutt them in peices & put them in a stew pan put in 2 onions cut very smalle a littill time & parely & bay leafes, season it with pepper sallt and Cloues put in about a quart of wine & some vineger as much as will Cover ye Carpes boyle ye ~~Lickoy~~ Liequor befor ye put ~~them~~ in a few mushroomes with broune a Littill butter put it in to ye fish & stur it to gethere sarue it up with a few Capers about the Dish — — —

to pickell mushroomes

pick them Cleane & throw them into watter & salt & take nutmegs, whole pepper Cloues mace and ginger boyle all these in a pint of watter season the & high & put in a quart with bay salt, & put in a quart of the best white wine vineger lett it Just boyle up together, then take & mushroomes out of the water & salt, & take halfe a pint of milke to a quart of watter & season it with salt & lett it boyle & put & mushroomes & lett them haue a boyle over a good fire & Straine & out of ther Liquor, spread & upon a Cleane Cloth till they are dry & Coole put & into pickell when both are Cold they will keepe 2 yeares if & put & into Glasses put sweet & oyle over them

to pickell Athen Keys

Get her them at there furst Coming when they break short & are tender before they are rough & boyle as much vineger as will Couer them with salt & power one them hott & Couer them Closse, so doe till they are very Green & put a littill peper into the pickell

to pickell elder buds

when & elder is green & & buds Smaller cut of & stalks Close as the littill stalks that nothing but the buds remaine, Lay them in watter halfe an houres boyle vineger & bay salte to & pickell with a littill bit of roach Allome, straine it the elder must be put into a gally pott & filled with pickell blood warme & a waite to keepe the elder Doune under the pickell, let it Stand to be throughe Could, kepe it in a & Coole plasse and after a fortnighes power out the pickell & new boyle it, power it one a gaine so doe 2 with a littill long pepper & mase

to pickell peaches

Gether them at ther full Growth before they Change Couler wipe of all the furr with flannell & Some Sallt ye in faire watter all night ye next morning wipe them very Clene & boyle Salte & watter & power it one them boyleing hott 12 howers after doe the Same & so doe againe 12 howres after untill they Lock as green & are as tender as ye would have them then put them into ye pickell maide with Strong vineger Cold with a good deale of ginger cut into pices whole pepper Cloves, whole Garlick, picked musterd Seed frecch Ground a pint, & Stire them well together the pickell together, & Stope them up Closse

to pickle Wallnutts

Lay ye in watter all night ye wipe ye very Cleane, & dry, ye boyle bay Sallt & watter very Strong & powre it on ye boyleing hott & Cover ye very Close, lett ye Stand 12 ym power awaye that watter & renew it 2 ore 3 times till the Lose much of there bitternes thoule you eate ye Sonest Scald ye oftenest, make ye pickell with Stronge vineger Cold put into it a good delle of ginger cut in peices, whole peper, Cloves whole Garlick picked musterd Seed frech Ground a pint, ore more if ye Loue it Stronger Stire it weell ye pickell together with ye nutts, Stope ym up Close & keepe ym in a dry plase 15 or 16 days ym pickell be Strong enoufe, put in more Seasoning halfe a pound of pepper & an ounce of eache Sort of Spice will be an enough for 3 quarts of veniger which will doe 200 nutts ore there abouts, be sure to have n vineger enoufe to Cover yor nutts, the begining of July gather ye nutts this pickell must allso be for yor Peaches aboue

to pickell mellons

Take them a boute Bartholomew tidye, before they are to bigg ye Greener the better cut a pisse out of the side & take out all the seeds, have redy a stronge pickell of watter & sallt to put ym in, lett ym stand in it 24 houres ym take ym out & have whitt wine vineger in a Copper pan ore skillitt as much as will Couer ym, boyle with them a good quantity of Ginger slissed for to boyle the ginger is best, put in the mellons when the pickell boyles but be sure not to boyle them to much, for they will not keep, take them out of vineger & fill them up with mustterd seed & garlick ye boyled inog viniger & put in the pesse ye toke out of the side as Closse as ye Can, Lay ym in a pott Couered as Closse as possible & when ye have so done, put in ye pickell hott, if they are not so green as ye would have them if ye heatt ye pickell & put it one them 2 ore 3 times ore more keep ye pickell fill up for it is of great use put in a littill bay sallt not to much ye may put one part whit wine & 3 parts vineger

to make meade

Take ye hony Combs & all the next day after they are taken & put ym into spring watter & make it strong a noufe to beare an Egg 6 penny broad, ye lett it stand all night, ym straine it through a sive & washe ye Combs a gaine ye trye ye Egg if it be strong a noufe, after ye strained it Lett it stand a whille to settell, Leve the settlins behind, boyle it too howers ym take it of & lett it stand till it be Could ym put it in a vessell it will be a yeare before it be fitt to drink, stope it Close as soune as it is put up — — — — —

to pot Carpe

Take a Large fatt Eile & too good Carpes or a tench skine them & Clene very well Cutt them in small pesses & pick out every bone put them into a marble mortter & beat ym very small to pap with peper sallt Cloves & masce nutmeggs furst beat to

to pouder ym put to ye fish to beate with it & mince Smalle a little Cloue of Garlick & beat it allso with it. ym put it on the fire as much white wine as will moyesten it with 30 Anchouies to disolue one ye fire & oune ore more of Isinglass & a Cloue of Garlick & a good bunch of Sweet hearbs when ye Isinglass & ye Anchouies are desouled on ye fire take out the Sweet hearbs & Garlick ye power it one ye fish to moyesten it & Stir it well to gether, put ye fish in a wide mouth Gally pott bigg a noufe to hould it, put a woodden Couer in the pott with weight a noufe to prees it doune & Closse, put ye pott into an other pott with watter allwost to the tope, & lett it boyle so for 3 houers at least as ye watter wast fill it up with hott watter when ye fish is enoufe keepe it for ye use & Cutt it in Slisces Lick Could beefe & Sarue it ~~up~~ on a plaite & eate musterd ore wineger as ye best Licke it

To make a Seed Cake

take halfe a pound of flower 7 Eggs 3 Spounsfull of Sacke 3 Spounsfull of Rose watter, 9 Spounsfull of Cast, beate them together & sett them to rise before the fiyer, take a pound of flower & a pound of butter & rubb them together, then mixe all this together with a pound of Carawayes

ore throght

A resett for a thrushe in the mouth

take a brick and put it in to a Cleare fire burne it will when it is Could beat it fine and sifet so micxt it with honny and doe your mouth with it some maye Goe down ye throught it will doe no harme Mrs Wells

ressett

a Dict Drink to Sweeten the Blood

take Shauings of Guasaum one ounce, Liquirish halfe one ounce, boyle it in a Galon of watter to a bout 3 Quartts Drink freely of it — — —

o The Purging pills

Take of Extractum Rudij half a drachme make it into fiue pills take them in the mowning Early with Custody

The pills to purefye the Blood

Take of the Cinnabar of Antemony two Drachmes Gum: Guaitum three Drachmes with Balsamick Syrup make it into a mass for pills of Eashe Drachme make Six pills take fiue Euery night when you are in beds

to Stew oyesters

take a quarte oyesters and put them into a Skillitt with two ore 3 Spoonfulls of white wine if you haue none one Spoonfull of wineger and blaide of mace and crumes of bread and a whole oyon put to it and let it ~~Stand~~ boyle halfe an hower then take it up and put in a good pesse of butter soe dishe them up

To preSarue Apricock ore plums Green

take them when they are Green & young that you may thrust a needle Throughe Stone & all, but all other plums must be taken Green & att the highest grouth then put them into indefferent hott watter to breake them lett them be Close Couered therin untill Scins will Come of with Screping all this whille they will Looke yellow, then putt them into a nother Skillett of hott watter and lett them there remain till they turne parfect Green. then take them out & weighe them and add to them the Licke quantity ~~of Sugar~~ ore more of the best duble Refind Sugar & Sett them ouer a Soft fire & make them hott & take them of and Couer them Close, So make them hott two dayes and the Last day boyle them and So putt them in your potts

Arcsset for any Straine ore wekenes of the back

take 2 peny worth twich Grasse it is a notted Sort of Grasse and Growes in Gardens wach it well and boyle it in 2 quarts of milke to one take of it twice a day

148 to make ye Cordall Surffitt water Mrs Anwells waye
the Last yeare vee maide it of Anna Seed water
take a gallon of aquavitee, a pint of Damaske rosse watter, 3 quarters
of a pint of popy watter, put into these watters a pound & a quarter of whit Sugare
Candy betten, & 2 pound of ressings of the Sun, 3 quartters of a pound
of Daites Stoned & Slissed, of Cloues mace & Cinimond of each one
ounce brused, one ounce of aniseeds rubed & the dust bloun from them
take a quarter and halfe a quarter of an ounce of Liquorish crapt & Sliced
, Steep all thees in the watters for 4 dayes, then put to them 3 very
Large hand full of popy Laues, 6 graines of amber grees, and 3 graines
of muske, and lett them Stand 9 dayes ~~tt~~ sturing them every day well
then passe it throw a Canwas bagg, and bottell, it, ye must wring
out the engreadentes very well, and put it in to a pan that will
hould it before ye Straine out the Lickeor, ade to this things 3
quarter of a pint of treakell water an ounce of allcarmis some rosse
mary flowers, Couslips flowers mary Gould flowers 6 peny worth
of Safron and a Dragon roott — —

149 Ma Simes resset for the yealloe Iandis

take a pint of whitte wine, an ounce
anne seeds bruyed the wit weight of a 6 pence of
Cassell Sope scrapt thine, Saffron 4 penne worth
put into a bottell and Shake it well together
and so take it 3 times night and morning Straine
it when you take it you may give it a woeman
with Child — — — — —

My Sistters riche Eletarcy

Consarue of Red Roses and Consarue of Rosemary flowers of Eache one
ounce, Quince marmalade & Canded orange peele of Eache ~~one~~ 3 drames
Consert Allkermes and mithiredate of Each one drame, poweder of mastick
and red Corall of Each one drame, prepared Stelle too Scruples, Oyle of
Amber one Scruple, Sprrit of Sulphur and Sprrit of Vitriol of Each 7 dropes
Surup of Quintes ore Surrup Corall in Sufftient Quantity, to make it into An
Elethary — — — — — — — — — —

of this take the bignas of a heseslenut in a morning fasting
, an hour after drinke Sume warme ale

Mrs Snapes ressett for the Stone which I to my one knolege has Done great Curres

Safrage too handfulls, philopendule too handfulls, mother time too handfulls Camimile too handfulls, brooke Lime too handfulls, parssle break Stone too handfulls peletre of the walle too handfulls, Garden parssle too handfulls, 20 ore 30 garden Radashis, Sweet fennell Seeds 4 ounces Saccefrage roots 4 ounces Cutt ye earbs very Smalle & radishes Slised very thine and bruse ye Seeds, Cutt ye roots as Smalle as you Can, put this in a Gallon of Reed Cows milke as hott as you Can gitt it and Step them in it all night and in the morning Sett it a Stilling mix the Smalle with Strang, every morning take 6 Spounfull of this watter and take halfe the quantey of white wine with it and a Spounfull of the Surrup of Mashmallos ore 2 if ye Can beare it, the time to make it is the begining of June ore micklemas

Surrup of Mache Mallos by mrs Snapps ressett

right mache mallos roots, wiper Grasse roots of each 8 ounces, parssle and fennell Sparragras and Licorshe of each 4 ounces, tops of march & Common mallos, Burnitt peletre of the wall planton dogg Grasse Sacefras & Spleenwort of each 3 handfulls . wall rew, white and black meaden heaire of each halfe an ounce, reed sicrers and genneper berrys of each 2 ounces of ressons of the Sun Stoned 4 ounces Cardemum Seeds & the 4 greatter and lesser Cold Seeds of each halfe an ounce bruse the roots and Seeds & Cutty earts put this into 8 quarts of spring watter and boyle it Gently keeping it Close Couered till it Comes to 5 quarts power it out together Lett it be Cold Straine it off and put to every pint a pound & 2 ounces of Sugar duble refine. boyle it ~~well~~ a nuffe and Skime it well — — — — — — — —

Mr Sandalle ressett for the Stone.

take the pouder of grumwell Seed as much as will ly upon a Shilling in a glasse of white wine ore alle three dayes before the new of the moon & 3 dayes after, and 3 dayes before the full of the moon & 3 dayes after — — — — —

oyowings Mr Mannacks ressett for the Stone

take Some youenings and brute them then take a Spoonfull ore too of the Iushs in whit wine 3 moinings together

152. in a vogilent ~~Lousnes~~ Loosnees ore Bloody fluxe

take ruburb in powder not tosted a scruple too so scruple
dyle of Cennemon one drop, Diascordm as much ~~tak~~
take this in the morning and repett as you see ocation

every night ~~Va~~ take from 10 to 20 (more ore less) drops of
Liquid Lauddinum Lind. —

for ~~y~~ ordenery drink lett it be decot~~alb~~ alb
take one ounce of burnt hartshorne a Crust of bread a blaid
of Cennemon and boyle it with milk and watter — — —

Bals: ♃ris: Ains:
Capt: gutt: xij. bis in Die.

To Cure a burne ore Scalds if it ware Shreuled up ore if doun by Gunpoudar

furst to ease the paine take ye whitte of one egg with Oyle of rosses and Linced oyle bett them together, and anoynt the burn all ouer there with, then one a Saft Cloth Spreed angueaton Albarn and puppulman mixet together,

and if the blistters risse cut them, tell the fire is out dresset with unguinttum Bassilicon

for Loosnes

take the yolke of a new Layed egge and beate it uery well then take a Spoune full of good Brandy and beat it well then ade another and beat it well and Soe to about 3 pouncfulls and a halfe, then Scrape a littill nutmogg and beat it well together and Sweeten it with Loffe Sugar and take it

to make Lucatellus Ballsome, the furst of Mrs ~~Coco~~ Cocker

take one pound of venice turpentine, 8 pintes of oyle of Olives, of Sack 6 spoonefull of yallow wax, one pound of natare ballsom, halfe a ounce oyell of St Johns wort, red sanders of each one ounce, wash y turpentine 3 times in Red rose watter, then slise the wax in thin and sett it ouer the fire in a bigg skillit and when it is well melted put the turpentine to it and stur them well together till they boyle a little take of the fire and lett it Cool till the next day then Cut it into thick slices and pour y watter from it then set ouer the fire and sture it well ~~together~~ till it be all melted, then put into it the above sayed oyell. Sack Ballsom and sanders and sture them well together that they may encorporate. then let it boyle for a short spase, take it of the fier & sture it well for the space of 2 howers that it may be thick when it is Cold put it up in y galley potts and when y use it tented into the eye of it is good for all inward bryses to be taken inwardly, good for outward sores

Dr Stephens water

take a gallon of Claret wine and of Sack, Cinomon, ginger, graines of parradise Gallingall nutmeggs aniseeds fenell seeds of each ~~one~~ 2 drams, Sage mint Red Roses Bellitory of the wall, wilde marjoram, wilde time Rosemary Cowslipp Lauender of each one hand full bruse y spices smalle Cut and bruse y hearbs and put it into y wine, in a limbick and still it after it hath stood 24 howers in steep

a water for the Stone

take a quart of Cleane strawberyes put them into a glasse, power one them a quart of Ayre vitæ, Cet them steepe then take 2 or 3 spoonefull morning and evening with fine Suger it will keep all the yeare

Plauge watter Juery good receitt

take rue egrimonie, wormewood, Sallendine, Sage, balme, rosmary mugwort, tormentel dragons pimpernel, fetherfew, burnet Sorell, a littill alicompany, rootes, Scrapt, mary gold flowers, cowslip flowers, tansy flowers, cardus benedictus angellica of all thes take halfe a pound of each, except rosmary and that must be a whole pound, but of Allecompany Lesse then the rest, then Shred them very Smalle & Steep them in a pint of white wine and as much Sack, lett them Stand 5 dayes & nights every day Sturing them put in when you Lay them to Soake one pound of Anni Seeds, Carroway Seeds, Coriander Seeds, cardimoms Seeds, put them in an ordinary rose Still very well Stoped Still ye wine and hearbs together, keep ye furst runing by itt Selfe till you find it runs Small, you may put to it all the Scordium

for a vaine broaken in the body ore any inward paine.

take 6 handfull of the Inner rine of the stemmes ore branches of Elme tree boyle it in 2 quartes of Spring water till halfe the watter is boyled away and the Liquer become as deep as Stronge alle then Sweeten it with white Sugar Candy and drink a littill draught of it at any time; and it will Sartinly give ease

for a Rupter

take yearb Robert and Drye it in the Shade and beat it to powder take 1 ounce of the powder and boyle it in red Wine with root of Comfrey, take 2 Spoonfulls of the wine in posset Drink every morning fasting and afternoon and waire a truss

the Lady Allens watter the best way of making it

take Sage Sallendine, Rosemary, Rue, wormwood, Mugwoort, pimpernell, Dragoons Luckry Egremony, balm, Scordium, Centuary, Cardus, Bettony, Rosa-Solis, of each a good handfull, Formentel Roots and leaues, Rediciary, Angelica, Licorish, of each one a littill handfull, washe the hearbs and Roots, slice them drye Swinge them in a Clean Clothe then Cut the hearbs Crosse and Crosse, and so steepe them altogether in a Gallon of Sack in a Sweet Earthen pott Closly tyd downe. lett it Stand two nights and one day then put it in a ordinary Still pasted up, and when it is through hott follow it with wett Cloaths keeping a pritty quick fire from this you may draw 3 quarts of watter the furst will be very Stronge the very good; but the last will be Smaller but tast most of the hearbs, the Common way is to mix all together then the next day tun it into ye Botles, furst put one ounce and a halfe of the best Sugar for it to drop upon in littill lumps as it is Stilling Stope it well ye bottles what hearbs ore Roots are not to be a get hered are to be had at the Apothicaries it is best to be mayed in may

To make Aquamirabilis one way

take 3 gallons of french wine and 3 gallons of aquavita 3 pints of the Juce of Sallendine and 3 pints of the Juce of melolots of Cardimons, Gallingall, Cububs, Rucburb, Sedwell, roots, mase nutmeggs, Cloues, graines of parradice of each 3 ounces so beat them all the Spices and Rootes and put them into an Earthen pot with the wine and aquavita and lett them ly and Steep a day and night Close Stoped, before ye Still it you must keep the Strong watter by it selfe and make a Surrup of the Small and then mix it togeather

to Stue Carpe in Creme

take parsly Sives Sweet marjoram of each one handfull, of time winter Sauery penyriol, of thes hearbs a handfull together, the hearbs must be Shred very Smalle then take a quart of Creme too Anchouis, a quarter of a pound of Sweet butter, melt the butter in the pane ye Stwe the Carpe in with the blood of the Carpe and put in some whole peper nutmegg and Cloues and mace of each a littill, and a littell Lemon pill and horse Redish when the Carpe his Stweed enough dish it up and put a Spounfull of vineger in the Sauce you may allso Stwee Large rouch the ~~Smae~~ Same waye

Rosemary watter

take ye Leaues of flowers of Rosemary in may when ye Sun Shines hott, cut them Smalle and beat them in a morter, fill a gallon Glasse with them, then take a ounce of Cloues i of Cububs beat them together, of Sage and Allicompane roots of each one handfull allso as much anniseeds then mix your Rosmary with the rest of the things then put it in a Glass and fill it with white wine & Stope it Close that noe aire gitts in then sett it in the ye ground 15 dayes Still it of at twice in Distllary, Drink halfe a Spouncefull in wine once a fortnight it will make ye Limbs Strong & preserue you from all Hydeopticoll Humors and Gout

to make an orange puding

Take the riends of 3 oringes boyle them in 3 watters ore 4 till they be tender then beat them in a morter put to them 5 eggs Leaue out 2 whitts, halfe a pound of Sugar and halfe a pound of butter beat all together tell it be well mixt then put it in a Dishe with a littell puffe paest Crust one the top and the Bottom

To Candy Ringoe Roots

Take ye roots new geathered without Knottid Joynts boyle them tender in Clean watter Let ye watter boyle before you put them in ye Skillett and pick and wash them in 2 or 3 watters, dry them in a Cloth then take twice as much Suger as they weigh & refine ye Sugar boyle them in one half rose watter and one half faire water when they be Clear make a Surope of the other half of ye Sugar till it Draws as fine as a hayre then put in your roots a gaine and boyle them and Shake them in a bason till they be Dryed, then Lay them up

Surop of Violets

Gether ye violets at the furst Coming out and in a very drye daye pick them Cleane from any of the greens let ye watter boyle before ye put them ~~together~~ in to infuse which must be all night and in the morning put in more fresh ~~watter~~ violets and let them infuse it be highe Coulered then ad 2 pound of Loafe Sugar to a pinte of Liquor then heat a Kettell of watter very hott then put your pott into the hot watter in the Kettell till the Sugar is all dessouled in the Liker Set it to Boole and put it up

Lemon Cream

boyle 3 pints of thick Crame that is very Sweet then take the Juce of 3 Large Lemons mixed Sweet with Sugar and orange flowers watter when the Crame begins to Coole put it in and Stir it till it be gint Could so let it Stand 2 howers before you eate it

To make Surupe of time

Take a good quantaty of green time with out the flowres heat your water hott and infuse the time all night put in more fresh time till it is maide strong then add to it Sugar Candy one pound to a pint of Liquer then boyle it well a quarter of an hower then sett to be Coole and so bottle it up

For a drye Huskey ~~Coufghe~~ Chough

Take the best pipins ye Can gitt pare them and take out all the Cores then Slice them into a earthen pot strowing them ouer with powder of Alicompany then Slice in more pipins and Couer them allso with the same powder thus doe till ye think you haue anoughe for your use then sett it in a ouen and bake them well and eate of this in the morning fasting and euening goeing to bed when and ye plesse it will sartingly helpe you

For a Stopage ore Huiskynes in the Stomack

Take one pint of the beast Brandy you Can gitt and put to it the fallowing engredents and so litt it stand and enfuse in a sunny windoe for the space of 5 dayes shaking it euery morning or if the sun doe not shine strongly you may sett it at a Conuenint distance from the fire and it will Come to be uery fine and Cleare then take one Spounefull of it at morning and the other at night

R: Species hiera ʒiii
Flos: Sulph: ʒiß
Rhabar: Coccinel: anna ℈i

this is for a great Stopage in the Stomake ore hoosing with Shortnes of Breath ore whorseness of Speeth

The Leaden Plaster

Take 2 pounds 4 ounces of Salet Oyell, 1 of Red Lead, one pound of white Lead, beat them into pouder very fine, 12 ounces of Castel Sope mix them well together till the Sope Comes upward, then Sett them upon a Slow fier for one hower and halfe still Sturing it it with ~~a~~ a Spatula of Iron, maken then a quicker fire, let it ~~[illegible]~~ boyle till it becomes gray Still Sturing it then drope it upon wood and if it Sticks not to it tis enough then take a Long Linon Cloth a fingers bredth dip it therein ~~[illegible]~~ when it is Could Smooth it well with a Sleek Stone being Lade to ye stomack it prouckes Apatite and takes awaye greese upon ye belly, a pressent Remedy for the Collect, upon ye raines of the back for the flux ore Runing of the raines ye heat of the Kidnies, ore any other weaknese of the Back, it healeth all Swellings, ore bruises, aches besides it breakes pushes ore Impostums it drawes out Runeing humors without breaking ye Skin being aplied to the fundiment it healeth all deseases growing theare - - - - - - - - - - - - - -

Apaste for the Hands

take bitter Almons blancht and beaten in a morter with a pinte of white wine and pint of Brandy, puting now and then as you beate it 3 ore 4 Spoonefulls of ye wines 12 peniworth of Sperma Ceti, 12 peniworth Compfrie one new Laid egg beate all this very fine one ox gall Clarified ouer the fier and when it is Could put it to ye reast Sturing it all together if you Lick not the Compfare you may Leave it out

To Make a watar for the face, the Countis of Manchisters ressett

Take a peck of white Snayls put them in an earthen pott, Couer them, but Leeue a littell place to Breath, Let them Stand 4 dayes often puting them doune then take halfe a pound of lofe Sugar finely powdred and Strow halfe upon them then Lett ym Stand 4 dayes more ym put ye reast of the Sugar, and Let them Stand as before ym beat them very well Shells and all, beate a pound and halfe reasons ym put them into a Gallon of milk it must be new, then ad too them too pare of Calues feet 2 young pulits Skined only the Breast and wings, halfe a pound of all monds blanched in Cuto watter a pound of rice, put in a whole quart of bean flowar water a quart of white wine, a pound of white Sugar Candy, and 2 ounces ore 3 of pamasity, a lit a lumpe of fresh butter with out Salt, then Destille it with a Slow fire

For an Ague

Take plantain Shred it and double Still it, and take 6 ore 8 Spounefulls of the water, with as much burage water, and a littell Sugar and one nutmegg and drinck it warm in the Could fitt

The Lady Rudstow, most incomparable wound drinck which Cures all manner of Fistalas outward ore Inward, Sores, Stancheth Bleding Inwardly, drives out all Splinters of bones: takes a waye all Scabbs, it breaks all impostumes, Cureth brokens veines ore Cancers in the breast, taketh awaye all Scalls from the bones and will euen Cause Bullets to fall out of the flesh; but it must not be ~~giuey~~ given to a woemen with Child for it playeth ye part of a midwife

in aprill gether ye buds of oake hawthornes, brambles ye younger, then gether ye following herbs as they Come in Season Vis: Swthernwood, mint, daisey roots flowers & leaues, wormwood Scabius, wild Angellica, Cingfoyle, Buglose, honny Suckles, Muggwort, Spatling, poppyes Plantan, Ribmort, wood bettony Campion Dandelyon, Auins, Crosswork, ox yeyes Samickle Selfe heal, Agramony, Sweet Maudling, Violet Leaues, Comfreys, woodroof, Strawbery leaues, of each of thes take Six handfulls drye them in a roome daily turning them, put to these things one pottell of white wine and one gallon of Springe watter, Lett them be close Covered and keept boyling till one halfe be euaporated, then Squese and Straine it hard and cast away ye grose part, then to this Liquor ad one quart of Liue honny boyle it and Scum it well, when it is Could Stope it weel in glasse ore Stone bottells, So give ye party 3 Spouncfulls fasting in ye morning blood warme allso the Saime quantity goeing to bed, use noe Salue ore Tent to ye ~~no~~ Sore only keep it very Cleane, only Laye a Seere Cloth to it maid of Rosin wax & Swett ore Red Lead and oyell, it is best in the Sumer time to macke, halfe this proportion for it will not keep well, in 10 dayes it takes away almanner of paines ore Sorenese of the wound & throws out all filth and Scabs & Scals of bones, ye dresing ore two after a bone Comes out it will run fresh blood in a bundance it is but a Slowe watter but very Safe and Shure and haueing Cast out all heals in 5 ore 6 ye dayes time be ye wound neuer so deep ore Sore, these things I sett doune for I know it by experiance, mise not to take it a month aftere the wound is well, when you use it for a fistula apply ye plaster following and by Glisters keep the body opon

My Lady Rudstow Salue for a fistulas

Take one pound of Sallet oyle; halfe a pound of reed Lead put this together and boyle them till they be somewhat blackish keep stiring it all the time it boyles and when you thinke it is enough drop a littill one a Sacer and if it is enough it will Come Cleare from itt when it is Could macke it up in Roles but if it be for a Sore Cloth put in a littill Bees Wax.

to preserue Cheryes in Jelly

First macke some Jelly of Gooseberyes after ye maner as you doe for Cleare Cakes then take Cornation or marrellus Cheryes without stokes, ore stones then weigh them and to euery pound of Cheryes, one pound of good Lofe Sugar dip your Sugar in watter and put it into an Earthen ore Seluer pan, when ye Sugar is melted Set it one ye fier and when it boyles and his well melted take it of and Straine it then put in your Cheryes and Shake it well together then Sett upon the fier againe and Lett them boyle as faste as you Can after Shakeing them and when they are all most enought put in ye Jellye to a pound of Cheryes 10 ore 12 good Spoonefulls which will doe allowing 2 ore 3 lumpes of Sugar, for itt, which must be put in at first Lett them be kept boyleing till it they look Cleare then take them of the fier Soe put them up and Strayne ye Surope to them if they Should not Jellye Sett them into ye Sunn

for a uoylent Coolnes

take Some ~~pruens~~ pruens Stones and all beate them in a morter Stones and all as Smalle as you Can take the quantity of a Large nutmegg 3 times a daye

to make oraing oring bisckakes

take halfe a pound of oraing pith boyle them very tender Chainging ye watter 3 ore 4 times till all the bitternes his gon, then take a pound and a halfe of good Lofe Sugar beat very fine, when ye pilles is boyled anough put them into a morter and beat them very fine and them mingle them with the sugar and Crush in the Juse of too orings then drope them rather upon Glasse plats and when both Sids are drye put them up thus you may doe Lemon Cacks only ye must put in twice the ymanty of Sugar duble refined — — —

Conserve of Rasburyes with ye Seeds Lady portmans way

pick ye Rasburyes take the best put them into an Earthen pott thin breake them gently with the back of a Spoone then take ye waight of ye rasburyes in duble refined Sugar, then put in the Joyce of red Currants according to the grantaty of rasburyes that you are to doe allowing Sugar for it then put your Sugar Rasburyes Currants all together Sturing them Sett them one the fire Sting them boyle a prety ~~while~~ pace Sturing them all the while and when you See it a nough which you may See by its Jelyying upon the Spone then put it up in Glasses — — — — — —

Jelly of Rasburyes with out Seeds

pick and breake your rasburyes then Straine it througe a Strainer then put to it the Juce of red Currans then take the waight of them in good lofe Sugar beat yᵗ Sugar then put all to gether in a Earthen ore Silver Skillit Set it upon yᵉ fier and ~~Straine~~ when it is a rouge put when it is Boole to what yᵗ please

to make rasburyer ~~Cacks~~ Cakes

Brack your Rasburyes as you doe for other things Straine out some of the Seeds what yᵗ please then put in a littill of the Juce of Currans for rasburyes will not Jelly without them then take the weight of it in Lofe Sugar and when tis melted Seet it one the fire yᵗ Sugar being purst melted and when the Sugar is boyld to Sugar againe take it of the fire and Bole it a littill then put in yᵗ rasburyes againe and Stur it well together then Sett it one the fyer and Sett it Stand till the Sugar be melted Sturing it all the while it must not boyle when your Sugar is well melted take it of the fire and put into Glasses and Set it into the Sun, thus you may make Cakes of redcurants but put noe Seeds to them

a good resset to Cure Deafnes

take an elle and rost it very well and when that which dropps from it is Settled, poure of the topp of it then take the bottom & mixe it with Some oyle of bitter Almonds and white wine vineyar but put of it into a quill and blow into the Eare

to presarue Gooseberyes

take ye Large white Gosberyes take out the Stones and paire them as thine as possible, & as you doe them put them into watter to keep ther Coulor then take there waight in duble refine Sugar and to euery pound of Gosberyes 3 quarters of a wine pint of Spring watter beat your Sugar uery fine then put your Gosseberyes watter & Sugar all together in a Seluer Skillet, then Sett it one the fier & let them boyle as fast as ye Can, then Scum ym uery Clean half a quarter of an hower will boyle them then put them into Glasses Straine ye Surrop throughe a tiffani into ye Glasses, halfe a pound of Gosseburyes is anough to doe at a time, you may put to halfe a pound a quarter of a wine pint of watter for the take up a great delle — — — — — — — —

Jellye of Red Courants Mrs Harcourts way

pick ye Courrants of the Stocks into an Earthen pan, then bruse them Gently with a back of a Spoone, Straine them throughe a Strainer, but doe not wring them to hard, then weigh the Jellye and take the weight in duble refine Sugar then Sett ye Skillte one the fire and let Stand till it be hott and noe more, and be Sure it boyle not for it is but to take away the rawness of ye Jellie Sture it all the whille. then wett ye Sugar and put it into an earthen ore Seluer pan and boyle it to Sugar againe then take it of the fire and Coole it a littill then put in ye Jelley and Sture it well together and be Sure to break ye Sugar well before ye Sett it one the fire then Sett ye bason one the fire and lett it Stand till all ye Sugar is mellted Sturing it all the while then Straine it into ye Glasses it will doe well to let it Stand it the Sun a lettill, ye may doe the Saime to Jelley of white Currants

to make marmalade of oranges

take ye oranges, paire them ye very thine, Cut them in the middle, and Save all the meat and Juice in a dish, then take the rind & put it in a Large bowl of watter for 3 ore 4 dayes, Shifting the watter everyday, then boyle them tender, and cut them thin Slices, take all the Juice of the oranges and put it all together with as much duble refined Sugar as it ways: put noe watter to it Set it one a Gentille fire, and let it boyle till the oranges Look Clear, and the Syrrop gelley then put it into glasses — — — — — — — — —

a past for the hands

take a quarter of a pound of bitter Almonds well blanched & beat fine then put ~~to~~ them into a pint of milk too yolks of eggs well beat, boyle this ouer the fire till you think it of a good thicknes then take it off and put in a bout a Spoonfull of Sweet oyle too peny worth of Camphire — — — — — — —

Doctor Rantt his pouder to cause a Speedy deliuiery to a woeman that Labors with a dead Child ore a Lueing one

take the inwards Skines of new Layed Eges dry them and beat them to powder then take ten graines of this powder and giue it the woeman in a Spoonfull oer too in white wine ore ale possit drink — — —

— — — — — — —

An Exellent Balseye watter it is good against Balseye falling sicknes, megreims, Conualsions fitts, and all destempers of ye newes proseding from a Cold Cause

Take of Lauender flowers, Sage flowers, rosemary flowers, Bettany flowers Couslips flowers, Lyllyes in the nally, of each one hand full, of Saffron, Castor yellow Sanders, wood of aloes, red roses, Cinnamon, Cytron, near of each 2 draymes, white Amber, yellow Amber, Dyony Seeds, Bay beriyes, Cububs, of each one dram, Mares Sekell brused one ounce, Dyony flowers 4 handfulls, Dyony Roots 2 ounces, Balm Leafes Couslips Leafes of each one handfull, distill these ingredences in a Limbick with Sprit of wine and Black Cherry wine, of each 2 ore 3 quarts

— — — — — — —

to Cleare ye Skin.

take 2 ounces of pearl Barly boyle it in Spring watter 3 pints and a halfe, Shift it 3 times and lett the last boyle to one pint then Straine it and let it Settle, then take ye Cleare of it and put thertoo halfe apint of the best white wine and 6 penneworth of powder of pearl, and 3 penneworth of oyle of tartar and wash when you goe to bed — — — — — — — —

to make Gengrebread mrs Albon waye

3 pound of flawer 1 pound and a halfe of treacle halfe a pound
of Candid orange pill, 1 pound of Sugar about 5d a pound
3 ounces of Carraways ~~1~~ one ounce and halfe of Ginger
4 ounces of Butter

to make ye white drinke, take halfe an ounce of Chalke
halfe an ounce of burnt harts horn halfe an ounce of powder
Crabs eyes, boyle 3 quarts of Spring watter to too
it is good in a feaher ore drought

to make Sack Creem

take a pint of Creem and boyle it with a nutmege then
beat the whites of 8 ~~eggs~~ eggs and Sture it them into it then
set it one the fire againe, and when it boyles take it
off and brwe it with a quarter of a pint of Sack

Mrs Allibon resset for a pomatum

take a pint of oyle of troters, halfe an ounce of Sparmacity, one ounce of uirgins wax mellt them in a Galley pott in a pott of hott watter tell the wax be uery well mellted then beat it in Rosse watter till it uery white, mellt ye wax furst — — — — — — — — — — — — — — — — — —

a resset for the Collick

Camfree roots boyled in Spring watter make it Strong and Sweeten it with lofe Sugar — — — — — —

to make Goseberrie Vinegar

to euery Gallan of watter take 6 pound of ripe fruite bruiese then and pour the watter Cold upon them into a vessell let them Stand in A hott plase untill the fruite be all risen to the top, which will be a forthaights time then draw of the Liquer and to euery gallan put A pound of Sugar it will worke againe, when it hath down working Close it up it will be 4 ore 5 months before it be fitt for using if you haue a Conuenince near the fire for the uesell to Stand it may be redy Soner — — — — — —

Mrs Boclaires pomatum

take a pinte of rosse water, of Cemetory water halfe a pinte,
of virgins wax an ounce and a halfe put thees watters and wax keeping a litill
wax but, ouer a gentteell Charcolle fire sturing it till it boyle it must boyle but a litill
while the ounce of pamassitey must be put in before it boyles, put in the
3 oyles upon the fire, the oyle of the 4 ~~seeds~~ Cold seeds, one ounce of
oyle of Benn, one ounce, of Sheeps troters 4 ounces, Salt of tartar
one Drame, that must not be melted take halfe a pint of rosse watter and put the whole dram
of tartar into the rosse watter and so knowe and then you must in a
Spounfull ~~of~~ oyll into your oyles when you find it grow stife, it must be boyld in a new
carthen pipkin and must be beatet up in a deep carthen pan with a Cleen peece
of wiske y must beat it well Some 5 howers & the Salt of tarter y must put in a
Cheene Cup and mixt it with rosse with thes watters you should wash y^r^ fasse
watter and so put in a Spounfull of it when is a
stife buter
and that
makes it a
Creem

Cowcumber water, Lauender water, Lilly watter, Cowe Dung
watter, all distilled in a Could Still, the Cowe dung must be
gathered in a drye morning in may and keep Some time
befor it be used — after it — is Stilled

melted
as Soune as you power in y^r^ oyles in to a deep pan narroe at bottom and
wide at tope you must beat it as fast as possible by a strong arme
keepit in rosse watter and if it Changes put freesh red rosse watter to keep it

to make Lime drink which is a great purifyer of the Blood and good for the Kings evill

take 2 pound of unslacked Lime, and put it into 10 quarts of water and let it Lye there in 2 dayes a night, then Straine it of very Cleare and if any Lime Swime at tope Skime it off with a white paper, you may ~~drawe~~ draw from that quantity of that Cleare about 5 quarts and a pint, then take the Ligour that is Strained of and put therein 4 ounces of Sarsaparilla and Let it Steep all night and next morning, then put in 2 ounces of Shaved Ivory, and 2 ounces harts horne, one ounce ringo roots Candid 3 ounces of raisins of the Sun Stoned then Set it one fire and Let it boyle till a quart be boyled awaye and then it is anough, then take it of and when it is Could bottell it up and drink it in Steed of beere and drink a good draught of it morning and evening and a bout 4 of the Clocke in the afternoon ore when ye please — — — — —

to preserve Cherries to keep in a making Jelly all the yeare

take a pound of Sugar and Clarify it boyle it to a Cating height put a pound and a halfe of Cherries into to it, Set it on boyle very fast and Skim of the Cherries will turn the Surrup thine again, but however keep them boyling very fast till the Surrup hangs to ye Spoon then Set them to Coole and the Surrup will be making Jelley & keep ye Cherries in perfect Couler all the yeare.

My Lady Barkshires reccate for a Cancer in the Brest.

take 4 ounces of Callsaminaris, burn ~~it~~ them in a crucible red hott and quenche it with a quart of white wine repeate it 9 times, 2 ounces of ~~tutt~~ tutty burnet and quenched in a quart of red rose water then drye ye tutty and Callsaminaris and put it into your Rose watter and white wine, and mix all together wery well and shake and use it, wetting a fine Cloth and spread ouer your brest, repeate it twice a day but neuer use the saime Cloth twisse befor it be washed

for an Auge.

take ye Iuse of 2 Lemons strained 3 mornings together it Cuereth all sorts of Aguse

for a Spraine ore Straine.

put your ~~foot~~ in to Could watter as soune as you can after you haue done it and let it stand some time then Chafe in with Oyle of Rosses with a littill Brandy and goe as littill upon it as you can till it be weell

for a Sago puding

Take halfe a pound of Sago boyle it in a quart of milke tell it be theke litt it Stand Closse Couerd all night, take 7 Eggs beat them uery well half a pound of naple Biskett graitted one ounce of orange ore Lemmon Chips Cutt Smalle, halfe a pound of Corance Cleen picked 3 ore 4 Spounfulls of Orang flower watter, a littill nutmeg, and Cenimon in powder as much sallt as is Conuenint and Sugar, halfe a pound of ~~Sw~~ Suet Cutt fine ore a quarter of a pound of butter mellted, mixe all together add more milke if ther be ocation, butter the Dish ore pann that it is to be Baket in boyle abitt of Cennimon with the Sago — — —

— — — — — — — — — —

How to make an orange pudind

take an orange grated put fourteen eggs to it, and a pound of Sugar beat them well together then put a pound of Butter to them. mellted beat it well together and put it into a putter dish and Lay Some puff past under it and the topp Rowled uery thine halfe an howre will bake it — — — — —

for a white washe for the face

take of Litharge of gold too ounces, of destiled Vineger one pint, keepe it sturing upon a soft fire tell it boyle graye, then put in too ounces of Smalle oyle of tartar and boyle it a littill Longer then take it from ye fier and put faire watter upon it Stur it well, then Lett it settell, then pore a waye ye watter, doe soe tell it nather tasts nore Smells of the vineger — — —

a washe to Buityfie the fasse giuen by mrs. Allibon

take 3 quarts of the best white wine, one quart of Straubreys, halfe a pound of reasons of ye Sun Stoned, 3 ounces of ye best white bengemen beat to powder, 3 faire Lemons Slised ye rind Cut of, one pint of rosemary flowers, three quarts of the Leaues of green balme 12 new Layed eges ye whits and Shells beaten to oyle, three Score Large Black Snailes purged tow howers, Shift yr watters, 2 poupes before they can See, the heads Skins and Gutts throw a waye, 8 Sheets of fine horne paper all torne in Cittill pesses, one pint of the best Cent Seed Cline picked and rubed, of white Lelley roots 4 ounces of white popey seeds 4 ounces beaten, a Large handfull of femetarey, of wild tansey, and Chick weed, & Straubrey Leaues, of each a Large handfull a quart of Calues Blood, one ounce of flowers of Brimstone, put all thees together into a Still and Sture them all togeter, and put a Safte fire to it that it may Stand Soking all night, and next day put a prity good fire to it and So Continue it till you haue drawn of the watter, lett it drope upon two ounces of white Sugar Candy, when it is Could Stop it Closse and keep it for your uss, past up your Still when you are docing it

an good ressett to make orange Wine

take 6 gallons of Spring watter and twelue pound of the best powder Sugar if you plesse double refind, you may Claryfie it whith whites of Eggs, boyle it 3 quarters of an hour Scum it for Long as it rises, then take it off and put into itt the Juice of fifty Cuill oranges with the rind pared thin without any white, Lett it Stand tell Coole, then put in six Spoonfulls of ale yeast, and six ounces of Surrip of Cittern well beat together Lett it worke too dayes and two nights then put in 2 quarts of renish wine, then put them into a barrell Stopt itt very Close Lett it Stand a fortnight or 3 weeks, then bottle it and Corke it well

a good waye to dresse read Herrings

put them in to your frying pan and Cover them with watter Lett your watter boyle then take them out and laye them one a Gridiron upon a Cleare fire and baist them with butter and so Serue them up with the froath

take Elder burys when they

to make Orange Watter

take a pint of Juce of oranges and a dosen of and halfe of the pills Cutt nery thine, and too quarts of Sack and too of Brandy then put it into the Stille and Stire the Juce and Sack together then put the pills to the Sack, and paste the Stille Close up over night and Still the neset day, you may draw as much off as you put in Licquar, it will take up a pound of Sugar Candy lett itt be beatten fine, and putt in the bottles for the watter to run upon — — — — —

— — — — — — — — — — —

S A purging Satt to be taken with the watters ore Gruell
Six drames of Glabers Salt — — — — — — —

Mrs youngs ressett for the whitts ore weak
nes proceding for that — — — — —

take a quart of red wine one ounce of Ising Glasse
halfe a onuce of powder Cinement Sweeten it with Lofe Sugar
So put it in Something it may Simber in upon a very gentill
fire Cut yr Iesing Glasse in to Littill pesses when it is a noufe
power it into Some dishe and when it is Could it will Gelley
ette of it when you plesse — — — — — — — —
— — — — — — — — — — — — —

a Glistter for wind ore any inward paine.

take 2 quarts of new milke one ounce of red rosse
buds boyle it to one quart Sweeten it with Lisbon
Sugar, devide this quanty for 2 glisttes one for night
and one for morning — — — — — — —

My Cossen Maddison resset to back fressh herrings

take a dossen fressh herrings and a halfe take of the heads and rees and mellts, then wash them and drye them very well, beat some Clouses and masse mixt with sallt and peper, rub ye herrings with ye spisse in side and out, then take a pan your herrings Lenth, Laye a bout 4 Leues at the Cottom of ye pan then Laye a bout 4 herrings of a rowe and betwen the herrings put a bout 2 baye leues and then a rowe of herrings Crosse way upon the other and so till they waire done upon your Last rowe put some Iemecoe peper and masse and a bay leufe ore 2 then send them to the ouen the pastterre Cocks ouen will doe best and with it a quart of winneger to be put in doune by the side of the pot and not Iust apone the herrings Iust as they goe in the ouen tye them Closse doune - the cate Lick Gear — — — —

— — — — — — — — — — — —

to pickle herings to keep a hole yeare

take a hundred of fresh herings scaled and gut them take out the rows and wash ym and drye them ym very dry and Clean with a Cloth, then take 6 ounces of salte 4 ounces of Jamaka peper and 2 ounces of white peper, 3 of sweet margoriem and 3 of time when it is all stript from the stalks: mixe them all together. then put sum into the belley and lay in the Rowes as Close as possible you can, and strowing ye hearbs and spisse between them in an Earthen pott Sutable to the Lenth of yr herrings, then put to them as much whitt wine winiger as you can gitt as will just Couer them, and let it stand in the Oven ye Saime time the housato breed stands; this is only for fine Scoure of herrings and wheh they Come out of the ouen ye must put them into potts and put butter melted upon them, so they will keep the year round

to make a lip Salue

take a pint of the best red wine you can gitt, and three ounces of freesh butter out of the Churne and 3 ounces of beas wax, with 2 ounces of ressons stoned and cut to pesses and put them ouer a Cleen fire and lett it boyle to halfe a pint so straine it throw a fine rag and put into Cards maid dripin pan fasshon when it is Could take it out

How to Make a good past for the hands

Take one pound of bitter almonds blanck them in Could watter and halfe a pound ressons of the Sun Stoned and 2 ounces of the best Campher beat all thees togetther with an oxes gall to a pastte — — — — — — — — — — — — — —

to cure a red face

Take 4 ounces of the Kernells of peches, too ounces of Gord seeds and Make therof an oyle and with it anointe your face eueing and morning which will take a way the rednes an aproued reseett — — — — — — — — — — — — —

to Stench Bleeding at the nose

Take great Gich pease and Lay them upon a tyle in the fire till they be dryе and beat them to powder very fine and put it in your nose and the bleeding will Ceas — — —

to Mäcke Sacke whay ore possitt drink

Take 3 pints of milke put a pint of Spring water when it it boyls up put in a pint of Canary, lett it Just boyle, thent take it of the fire and Cover it a Litill while ore keep it Clos covered with the Curd one and pourg it of only as you drink it, if you Straine it keep it in bottles when cold as you drink it you may add some drops of Vitriol ore Juice of Lemmons

to make fine quarts of the beast Esquabagh

Take 6 ounces of the best Aniseeds: Cloues and Juniper beris, Jemaca peper angelicog Roots of each halfe an ounce, nutmegs and Ginger and Cinnimon of cäke on ounce and halfe bruse all thesse in a morter and put them into fine quarts of the beast Rectifyd Spirits with 2 quarts of Spring watter, Lett it Stand 48 hours thent draw fine quarts in a Limbick.

then add halfe a pound of Raisins of the Sun Stond ambergrase on grain Saffron halfe an ounce, Broun Sugar Candy 12 ounces, and Lickuerish 3 ounces Spring watter a pint So Lett it Stand one month and its fitt to drink

To Make a Quaking pudding

Take a pint of milke boyle it with a blad of mace and a bitt of nutmeg Leveling out Some of the milke to mixe with 2 Spoonfulls of flower which must be mixt free from Lumps, then put it all together with ye milke that is Boyled takeing out the Spice, then Sett it one the fire and keep it Sturring one way till it is verry thick. then powre it into a Basen and stir it till it is growne cold. then take 3 eggs yelks and whites and beat them well putting in Some white Sugar and Straine it throughe a Sive and the eggs and Sugar, them mixe them all together have your puding dish redy buttered it must be a wooden one and put it in and tyle it up in a Clene Cloth when the watter boyles put it in an hour will boyle it Serve it up with Sack and Sugar with melted butter — — —

To heal the Emorhodes or pyls in a night being a Rare secret and very Excelent

Take the Leaves of Green Elder and boyle them in watter untill they be disolued, then take a peice of Red Cloath a littill broder then the palme of yr hand and stretch it a long upon yr palme: now most the patient be in his beed with his belly downwards for you must Lay the said Leaves upon the Emorhodes hott as they are taken out of the pot haveing furst Laid upon them a littill oyle of Olives, then take a nother peice of Cloath with other Leaves and take a waye first, Continuing this and changeing allwayes the Leves, if not all night, at least as Long as you Can: In the mene time lett the patient sleep as much as may be: and in the morning he shall find him selfe as well disposd as if he had never had the deisses — — —

— — — — — — —

An oyentment which healeth all Burning which fire Leaveing Scare whaire it hath bine

Take the whites of two eggs: two ounces of Tutia Allexandrina: two ounces of quick Lyme washed in nine watters: an ounce of new wax: with as much oyle Rosatte as shall suffice: and make therof an oyntment for the purpose — — —

— — — — — — —

To Cure a Tongue

first cleam your Tongue with a cloth rub
on a little common salt especialy on the Root
let it lie in a deep Pan a next day, your
dry it with a cloth you'l find a deal of slime
on the thick part let your Pan likewise be
cleam then rub on ½ oz saltpetre with a little bit
of moist sugar - on the morrow you may salt it
With common salt turn it Every other day —
— in about a week salt it again keeping it turnd
that no part may get dry

Wm. Rosen

laid into Ms. Codex 252
between pp. 185–186

To Cure the falling Sickness

Take Germander gathered in may when it is in Blosome, drye in the shade and make it up in pouder and when you will use it take the yolk of an Egg ore too and Stireing fore braking it with a Spoonfull of the said pouder, then boyle it and giue to the patient to eat doe this morning and Eueing eight days but all this while he must abstine from wine the Company of women from all sorts of pulse, Salats, Salt meats and what ouer Is of hard digeston this is a great Secret — — —

A very good Remedy against the Kings evil

Take Cerus ~~or~~ white well Stamp'd 4 ounces, oyle of olives eight ounces, Let this boyle togher fiuie or Six hours stiring it Continually, and when it becomes very black it is boyled enough then Spread it in a Linning Cloth and Lay it at the Sore place if the Sores be broken they will be heald Imediatly if not they will dessolue and Loose and quickly heal throughly

Pills of meruelous virtue against a Sceatica.

Take pills alephangines of Hermodactill, maiories and minoris of each of them a Scruple, which is the third part of a dram, 3 grains of Salt of Gemma, dissolue and stire them with Juice of Roses and make all this substance 5 pills and at the beginning when the destemper is great, take the Sayed fiue pills every 4 dayes, and when it begins to decrin you Shall take them only the fifth day the 6 ore 7 ore 8 till all be doune, taking them all wayes in the morning at the break of day, abstaining 6 ore 7 hours from meat, thoe the Sayed pills be not for a man to keep his Chamber and provok not to Stole yett he must drink noe white wine nore watter, nor eat noe Salt meat, or yearbs roots oynions or ote Garlick

The pills of Mr Michaell Scott which cures the paine in the head be it never so bad purgthe the brain and Cleathe the Sight Causeth god memory

Take 3 Scruples of Aloes washed, the roots of wild Gourdes of all Sorts of mirabolanes, of the Confection maide with Seamony, Called Diagridon, mastic, Bay Berrys, and roses of each halfe dram, of Safron a Scruple, with halfe a Scruple Stamp all well together and make thereoff pills with the Juice of Colworts and take 3 ore 4 of them when you goe to bed every 3 or 4th night

To make new Caleddg puding

Take a Staille manchet and graite it and drye it over Some Coules and Sift it throw a haire Sive, mince Some beefe Suit very Smalle and mix it with a quartrin of Currents Scalded, Season it with nutmeg Cloues and maice and Some Carraway Gumphits then take 7 Spoonfulls of Creem and 6 new Layed eges well blaten together and make it up in Stife paist, then Roule it up into balls as big as french walnuts then put it into a pan, offten turning them till they are browne and dish them with rose watter and Sugare

190 2 30

to plott Lobsters

Take ore or 2 Large Lobsters boyle them & when the are a taken out of ther
of the tayeles and Clawes & ake more of the Lobstor as entire as y can & plite
them and sett ym to draine then take 2 ounces of graited Nutmeg a quarter of
an ounce of maice, a quarter of an ounce of ~~mace~~ cloues as much peper
beat them small & mixe them very well ~~season~~ together with Salt as
much as you think will season them season y Lobstore Laye in a Layer
of butter to every Layer of Lobstor so bake them if you ~~mine~~ to keep them
long after they are baked then let them stand till the are Argeed cold
and power out the gravey
them up with Clarefide Aresset to Clense Silver from them and fill
but if y entend to use them butter
Make a Charcoal fire and put your Silver vessell In till it be red
in 10 days hott and then take a pound of bygad and Salt the Same quantity
ore in the and Boyle it with watter, in a earthen ore brass pott but take
Gravey Caire that there be noe Iron in the thing you boyle it in for it
may be will turne the Silver red — — — — — — — — — —
na keeps in — — — — — — — — — —
and they will
eat better
a gentell
bakeing
will Serue

to Clense putter

wash of the Soyle with Soap Sudds and wipe it after wards
with a Linning Cloth and ~~wit~~ whiting ore Chalke — —

The best Cordiall watter

Take the Leaues of Angelico 12 handfulls, of the Leaues of Carbus 6 handfulls, Bame and Sage of each 3 handfulls, of Angelico seeds and Sweet fencle seeds of each 3 ounces, Lickerish one ounce scraped and Smalle bruse with your seeds, 12 ounces of the Cordiall powders, of Aromaticum, Rocatum Diamisens Bulcas, of each of them one ounce, Cut the earbs Smalle mix them toghter and put them in 2 Gallons of the best Canary Sack, for the Space of 24 hours then Distelle them with a Gentle fire, and Draw off the Spirits 3 pints, with wich mix of Sugar Candy dissolued into a Sirup one pound and 4 ounces, with halfe a pint a rosse watter

Mrs Attwood resset for a Loosnes

Boyle Staile Stronge Drink and take Some Starch a bout 2 Spoonfulls blend it well with Some Could drink and when it Boyles put in the Starch, the quanty of a pint will be for 2 Spoonfulls Sweeten it with white Sugar and eat it as Candle till your Loosnes Stops take a Smalle quantity at a time

mrs Attwood resset for the Jecth

take Some gunpowder pownded finly mixt with fresh Liquer to make it ~~thick~~ thik as oyntment for 3 times dressing noyenting all your Joyents will Pure be Sure to purge 2 ore 3 times — Doe not Chenge — your — Cenning — — — —

for a paine in the head

take Some Elder winegar with a littill faire water and wash your head with it and you will find ese — — — — — —

Lady Allibons resset to make ye plague watter

take Rue, agremony, wormwood, Salandin, Scabious, Turmentell, Bame, Mugwort, pimpernell, Spirmint, Scordium, Cardus, Benidictus, Dragons featherfew, wood Sorrell, Burnett, Galey, motherwort, mary gold flowers, Cowslips flowers, and pansys of Each halk a pound, of Rose mary a pound a littill Root of allicompany, Sweet fennell Seeds, anniseeds, Coriander Seeds, and Cardy mony Seeds, 2 ounces of each, Shrid the earbs Small, and beat the Seeds and Infuse them in 3 gallons of Sack let the vessell be Closed Stoped up with peast and lett them Stand 2 ore 3 dayes then distill them in a Cemmar Stele, to this you may ade 4 ounces of medradate, and 5 ounces of Andronica mixe all together when ye are redy to distille them

L

Like swallowes when the summers done
thay fly and seeke some warmer son
then wisely chuse one to your friend
whose loue may: when your ~~ba~~ beauties end
remaine still forme beprou

Like Swallowes

Lanen Comprable pomatum maid by Madam Thornton
oyle of Sweet Almonds new drawn six ounces, oyle of Ben: one
ounce of Sperma: Coti too drams: of uirgins wax thine sliced an
ounce: of whitte sugar Candy halfe an ounce when it is serced: of
Camphire two penny worth, if you lick it. a quarter of an ounce of

pearl powder put these into yr intended gallypot to make and keep it in set it into
a kellet of water upon ye fire untill all the ingredients be melted then take it of &
beat it with a splent putting in by degrees orange flower water

a wonderfull good thing for the recouery of the Eyesight.

Take a drame and a halfe of pishtates Shells, of Cardamums, and halfe of Cucacum too drams, of Sage flowers, Rosmary flowers, and red marygold of each too drams, of Eybright one ounce, of Coules foot and bittany of each one ounce being Dryed fit all these together for a tobaco, to art adding to it of oyle of Anniseeds, of time, Sweet marjorum of each 12 drops this has done great good to the sight ——

to Make the Cordall of Life

Take Bame Leaues & stalks, Burnet, Reed Sage, taragan, turmetele leaues and Roots, Rosasolus, ~~cup~~ esup, time, Reedstrings that Grow upon Sanory, Reedfenele Leaues and roots, Reed mints of each of these one Handfull, put all these in a Cleane pott well ~~Couer~~ Glased and put therto white wine as much as will Couer the carbs, & let them Soke 8 or 9 dayes, then take a ounce of Cinamond and as much ginger as much anniseeds, as much nutmegs, Cloues and Saffron, Cittill & great ressons a pound, of datts a pound a fleshy Red Cock, the Red flesh of with the sinows of a leg of mutton 4 young pigons, 12 Larks, the yolks of 12 egs, a lofe of fine bread Cutt in Sops, Muskidine Orp. Basterd as much as shall suffise to distill all this things in a limbick

195 and put therto metheridatum 2 or 3 ounces, as much of perfect mead distile it with a moderate fire, then keep the furst watter by it selfe and the second by its selfe, and when ther comes noe more by strengh, then take a waye the Limbick and put into the pott more wine upon the saime stufe and distille it againe and it will be a good watter this watter must be keept in double glases very carefully for it is a great Rostorative of princable members defendeth all pestelent deseases Ague sweating, spleen, Gelow ore black Jandis, wormes and all melancoly its good against starting at the braine, hart stomack ore Liver, take 3 ore 2 spounfulls at a time when need requires eather by it selfe ore in beere ore wine or sugare and it will help disgestion, brake wind stop fluxs and bind

To case easy Labour

take ten or 12 days before her Looking 6 oz of brown sug^r candy beaten to powder ¼ lb of rasons of ye sun pooned 2 oz of dates ~~and almonds~~ unstoned sliced ½ oz of Anniseeds caused ¼ oz of cowslip flowers 1 Dr: of rosmary flowers put these into a fine Lawne bag withe a flint stone to sink it in a bottle of white wine Let it steep 24 hours then take the quantity of a wine Glass full in the morning At 4 afternoon and Evening

Mrs Eadwards ressect given by Sr Charles Carbrrowes

A powder for the Smalle pox ore Feauour, a strong body to take 30 graines / a week person 20 graines

Take Cardus, Betony, Scabious, Dimpernall, Sage, Rosemary, Rue, Dragons Tormentill, Angelica, of each a handfull, mince ym Smalle and Steep ym 24 hours in too quarts of Sack, then take a pound of the beast boole Alminack, one ounce of Suithenole finely powdered and Sifted, put it into a broad dishe and Straine as much of the Liquor into it as will make a thick pap, then Sett it in the Sun to dry, and as it dryes, put in more Liquor till it hath Drunk up all, ye Last time you weet it, ye must put in one ounce of Diascordium, halfe an ounce of mithridate, ~~halfe~~ halfe an ounce of the powder of Burnt harts horne a Shillings weight of Saforn, halfe an ounce of alchermis berries beaton to powder and a Drame of bezor, Crab Clawes one ounce, of Lapis Contrayerue one ounce mix all this together and make them into littill balls

Mrs Attwoods ressett for the Stone

take the Stones of a Boor hogg bake them drye in a ouen to a horne pound them to a pouder then take as much as will liye upon a Shilling in a Glasse of white wine morning and night —

Mrs Eadwards ressett to raise the Smalle pox
when they flatt

4 onnces of treakell watter, infuse in it halfe a dram of saffron
a dram of the powder of Scuchincle then put to it a drame of the
Confection of Alchermis, ½ an ounce of Surop of Citorne, ½ an ounce
of Surrop Gilliflowers, a quarter of an ounce of Surope of Coushps

— — — — —

for the Jaundiss by Mr Eadwards

take Saffron, turmanick of eah one peny worth, and of granes
long peper of each a halfe peny worth; powder them and put them into
a quart bottle of alle, sweetned with browne Sugar Candy; lett
it stand 24 hours, and shake it often, Let the sick take ½ a pint
at 8 a Clock in the morning fasting, and at 4 in the afternoon 2 dayes
together Shake yᵉ bottell well before yᵉ take it, if one quart does
not take second

probatum East — — — — —

Mrs Edwards ressett for pains and Sweeling or Inflewmations in the Limbs it has preuented a mortifications when the Leg has bine hollow a great way for Charles Carborrowes

Take as much wormwood, beays, Camamile, winter Seanory, of each as much as you can hold in y^r hands put togeather keapt up, put this into a pott with watter Close couerd, Sett it one the fire, and lett it Simer for one hour, then put it in a pale ore deep pan with Some Spirite of wine, and put in y^r Leg in ye Steam as hott as y^u Can bear it, haueing a blankit put ouer it to keep in thee Steem, you must use it an hour at night and morning, ye Stupe will Sarue 4 ore 5 times your armes as well as Leg — — —

A sovereign Remedy for a Dropsy.

Take of Broom Seed well powder'd and sifted one Drach^{m} put it at night to steep in a Glass & half of good White Wine; & take it in the morning fasting, having first shake^{n} so that all the powder may be swallowed. Walk after it for an Hour & Half, if you are able: after which you must not fail to take two Ounces of Olive Oil, & you must not eat or drink any thing in less than half an hour or an hour after the Oil. Repeat it every other Day till cured & no other Medicine must be taken. It gives little if any Motion to the Body, & often does not operate till 5 or 6 hours after taking it. If the Dropsy is on the Body it causes it to run off by Urine, without any Inconvenienc^{e} If it is between the Skin & Flesh it causes little Blisters to rise on the Legs, by which it runs off, & in this Case no Plaister must be used for that would hinder the Discharg^{e} but you must apply Red Cabbage Leaves. If the Disorder is occasioned by Wind, it dispels the Phlegm that retaines the Wind. It cures the Dropsy in Women with Child without Injury to the Infant. It cures Immoderate Thirst. It cures Consumptions, & Distempered Livers & Bleeding of the Nose & is good veneneous Bites & Poisons. This Receipe was given to the Countess of Stafford by the Prior of the mannes Benedictines of Corbie in Picardy with the greatest Assurance of its Efficacy.

Recipe for the
Dysentery

laid into Ms. Codex 252
between pp. 197–198

27.

An Act for dividing allotting and inclosing the Open Fields Meadows Commons and Waste Grounds within the Parish of Saint Ives in the County of Huntingdon.

laid into MS. Codex 252
between pp. 197-198

For the Hooping Cough

Two ounces of Honey half an ounce of
flower of Brimstone a quarter of a gill
of white Wine Vineger, and mix them
all together, give the Child a Tea spoonfull
whenever the cough comes on. it will
make the Child vomit and cut the phlegm
on the stomach. when you find the hooping
is gone, give morning and evening a Tea
spoonfull of Sirup of Horehound that is
to take the remainder of the Cough away

Mrs Attwoods receitt for angue

take fower Accornes dride and pille them and great them to powder mixt them with white wine and take it be for the fitte Comes you must take them 3 Severall times

Mrs Attwood for an ague

take for a man ore woeman ye quantity of 3 walknuts of Sope and as much Chalke as will Couler it well then worke it up well together, it must be Spreed upon a pese of Sheepe Skind of the fleshe side, for a Child the quantety of a wallnut

mrs Attwood for a Sore breast a pouttes

you must take a good handfull of flaxe Seed and Boyle it in Creme to a good thicknes, before it Comes to that thicknes put in 5 ore 6 Cloues of white Lilles roots and then put it as hot as the person Can bare it to the breast the flaxe seed must be bruised

Arcset for the pills

Take the Celistal Stone lay it in Steep in the beast white wine Vinagar, till the Vinagar be discolered to a bluenese and to the Strenghe you think fitt to make, then take out the Stone and ade unto it, at least halfe as much Clarrifide hony, asis of the uinigar, prapaired, in Corporale all together, by Stirring them, take some as much as Conuenint, to use at a time, Steep a fine rag in it and aply it to ye pills sitting ore in Bed, use as it may smart a littill, it will Dead and sink ye pills and heall them with out danger

An Excelent medicint for to expell Grauell in man ore woeman pbatu est

Take white Sugar Candy pouder 2 ounces ~~Acorns~~ Acrones dried and beaten to pouder one ounce, Broome seeds beten to pouder one ounce, Graynes from ye Apotteicarye halfe an ounce, put all these into 2 quarts of good white wine, ~~every~~ rouer night before you take it, then drinke in the morning fasting a draught of halfe a pinte, and at night when you doe goe to sleep as much: and thus Continew for the Space of 9 dayes, and you shall be ride of yr Grauell, pbatu est:

A dyett drink of great uertue for the Scurvie

Take Dollipdium, Spicknard, ~~Squi~~ Squinell forked; Ginger, Sweete marjarom, Gallingall, and ~~Sweet~~ Setwell, of each 17d penny weight Anniseeds, Saxafrage Seeds, and plantain Seeds of each 7d penny weight ore. Littill more; Rubarb one dram an halfe, Senna on ounce and 3 quarters beat them all Grossely and put them into a Sinning bagg and a littill Stone with them to make them Sinke, and put them into 6 quarts of alle when it is redy to work then ade there to 4 handfulls of Scurvie Grasse brused a littill and put in loose into the drink and a good hand full of Agrimony, the furst day Sture it up 3 ore 4 times, then let it lye in the drink, and at the 3 dayes end drink every morning fasting a pinte and doe not eat in 2 ore 3 houres affter it then take a littill warme broth and so Continue till it be done. — — — —

the uertus of this drink

it is absolute Cure for the Scurvie, it purgeth all Humors if offendes the Stomake it helps disgeston it will not suffer the Blood to putrifie, mallincolie exhalation it purgeth and against Choller & flegme and all superabounding humers it defendeth ye Stomak nurisheth the mind it is a frind to nature and a help against the Stone

Madam Hennage resset for a burne

take ye yallow mosese of Ashe, and the enward rind of Elme tree. boyled in m.dy butter to an oyntement — — —

Mrs Wyetts ressct for a Consumption & to make one fat

take 6 Gallons of the first sweet wort y^t runs from barly malt, set it in a skillet ouer a charcole fire and boyle it and take of the Scume if any rise, when it boyles be Carfull to stir it till Comes to a thicknes of a thine hasty puding, then put it up for your use may take of it one ye poynt of a knife morning noon and night as much as you pleasse, ye thenner the better if you will you may ade sugar to it if ye pleasse — — — — — — — —

A Receipt for a Consumption

take a Calues pluck hott from the Calue and Cutt of the deafe eares, then Cut it in pecess and put into a Gallon of milke hott from the Cow lett it stand and infuse for 5 or 6 howrs. then still it of with a large handfull of Garden Snayles, drink halfe a pint morning and Eueing sweetned with white sugar Candy — — — — — — — — — — — —

Mrs Duttons ressett for a weeknes ore a-destemper sick flodding

take Horse Beans and Grind them to a flower with eggs and milke make in to batter and fryge them as you doe other fritters and eate. with Iuse of orenge & white Sergare.

Madam Hennage ressett for a Dropsseyes it has done great Cures

take of the Iusse roots of the frenck flower de Lusse 3 Spoonfulls in a glasse of white wine, if you plesse you may ~~in~~ take 3 Spoonfulls of the Iusse of nettles, with the ~~roots~~ Iusse of the roots of the flower de Lusse, in a morning

mr matthers ressett for an Auge

Take a Larg oynnon and Scope out the Croune of it and in the holloe plasse put in a large nuttmege and then Couer it Closse and sett it in Embers to rost till it be Saft then take out the nutmeg and Slisse it into halfe a pint of whitte wine and drink it all and nutmeg too, take it an hower before the fitt if once does not trye a second

for the Tandes euen Allthouge be the Black

take 3 good Spoonfulls of the Iuse of Sallindin in a glasse of whitte wine 9 mornings

Mrs Shaftes ressett for a paine in the Eare if Caussed by the toothe acke or e impoustume in the head

take a very littill Comon Croune Sope and mixe some Calkege scrape fine together and put it in a fine rage and pinch it to the p bottoon of the rage as much as possible and make it Sick at littill tent and . so puting it into the eare as fare as you Can Still keping rag a nouse to pulle it out by thes gake pressent esse when Senerall other things would not Cand broke an empoustume — — —

to make a pudinge Madam Hennage

take some Calfs Liver boyled and when Could graite it and as much Suett finde Sreed & too roulls & eggs a quartren of a pound of Currans halfe a pint of Creem then Boyle it in a ~~dishe~~ wodden Dishe

A good ressett for a Shortenes of Breath a trisike ore Coughe

take a a Large Head of Garlick and withe the ~~Cloathes~~ Cloues boyle them well in watter when the watter has taken a good deel of the Strenke of the Garlick take them from the watter and the Garlick must be tender then gitt a ~~quarter of~~ halfe pint of the best Crab wargis; ore Iuice of Lemons and ade to this a pound of Sugar put in your Garlick and so make it into a Surups you must not Cutt it Boyle, but make it thick and eate the Garlick too

mrs Gibon resset for a Cankarus humore
in the breast ore any lumps ore Swelling before
it his brook

take 3 Spoonfulls of the Iuse of green Cardus in
halfe a pint of alle, morning and night, and
dipe a fine ragg in froggs Spawne watter and doe
your breast with it morning and night

a ressett to recouer vesstey baccon

take y Baccon and rub it ouer with Salte
and doe flower well ouer that and so
put it Close up in a linning Clothe
for a bout a fortenight and it will be as
a good as at furst

To preserue pipins

Take A pound of pipines and pare them and Cut them in the medell and Core them and put them into Could water tak a pound and a hafe of suger and a pint and a halfe of water boyle them up and scume itt take the pipins and put them in to the surup and Let them boyle as fast as you can till thay be Cleare and when thay are almost ennufe put in a litt

to pickell beet roots Mrs Gramer

bake your roots and wash them and sett them to drayne well then put them in a earthen pain into an ouen with the housoull bread and when they Come out pill them you may if ye will boyle them tender, you must slice them but not to thin ye pickell must be of white wine uinegar, Long peper ginger Cloues and mace bay Leaues horse radishe sheed a whole onion stuck with Cloues, make it as strong as you think fitt put in your roots when Cold, boyle yr pickell some times as you use them it will keep the better

To pickell wallnuts mangoe way mrs Gramer

Take walnuts in there huske when you Can thrust a pine through then make a brine of Sallt and watter that will bear an egg put ye nuts in Shift ye brine every second day Continue doeing so for 20 dayes, then make a pickell of winegar and long peper when it is Cold put in ye nutts and Some mursterd and tye a Cloue of Garlick to a Stick and put it in, which you may tayke out when it hathe given it a flauour, in 4 ore 5 months you may use them — — — — — — —

Mrs Kaeyetts cossett for a Cough

Take one ounce of each of these Surrupes Surrupe horre hound Surupe of Cooles foott Surrup of bottone Surrup of Ground Iue Surrupe Hisope —

mr Loyds ressett for a Swelling in the throtte or any Enfflamation

take Some fresh Swines Dung and Spreed it upon a Cloth and apply it to the plasse pained when it is drye Change it Still welle

mrs Kaeyetts resset

half an ounce of Dis Cordium, one ounce of ould rede rosses Conserve mix it well together and take the quantity of a large nuttmeg to Composse ẽ to reast

A Receite to make ginger bread mrs Anwells ressett

Take three pound of the finest flower one pound of fine Suger one pound and three quorters of treakle one ounce and a Querter of beaten ginger a quorter of a pound of orringe peel Candied cut small Set your treakle over the fire and melt it with your Suger and ginger rub haff a pound of the best butter into the flower and butter your driping pan you bake it in if you please a quorter of an ounce of liquorish pouder and haff an ounce of Carraway and Coriander Seedes to gether

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Mr Bris Coe to take out the fire
occtationd by any burne ore scalde

take ago onion some sope and sallt and p beat
well to gether and Laye it one the burne ore scalle

— — — — — — —

Mr Briscoe for a burne to take
out the fire pressenly

take some white Lead paint and spreed it one
a 'ragg and Laye it to 6791 the plasse
burnt — — — — — —

— — — — — —

6791
6791

Mary Madcap

Mrs Brigetts Alibons result of the Souverain Plaister

take of Sandy oyle 8 ounces, of ceres 2 ounces, of venice turpentin 2 ounces, of Bees wax 2 ounces, of Litargie of gold 2 ounces, of Litargie of Siluer 2 ounces, first put it upon a soft fire a Clean Skillitt & put in the oyle when ye oyle his hott put in the wax, when the wax is melted put in the ye Litkargies of gold and Siluer, being first finely poudred sifted and mixed together you must continually stire it with a Cleen stike, when it boyles awhile a that it begins to grow somewhat black and thick put in yr Cerus very finly poudred, to trye if it be a enoughe ye may drop a littill of yr stick that may grow Cold, if it be redy it will be prety hard, then put in yr turpintine & stirr it a score ore two of times then powr it into a bason of Clean watter & make it up into roles beating ye watter well out by Clapping it upon a table ore stone if it be to hard you may melt it againe, and put in a littill more oyle

The vertues of this Plaster it Cures all manare of ulcers how euell or festered so euer even if the bone were rotten and ye patient out of all hops of Cure, as all soe ye Swellings of Legs hand and feet and other sick Swellings proseding from ill humers hurts ore wounds or by any other accident all occation as also all manner of imptames inflamations brues

the biteing of mad dogs ore Serpents allso all fistullas
in any part, the plague if aplyed in time to the plaise
all mannar of Scurfs and Itching upon the body and burns by
the falling in ye fire ore Scalding watter after ye fire is
out, it may be aplyed without any perrill to a burnt eye
ore the eye by any other occasion blemished ore hurte
it Cures Scabs in ye head Lickwise Leprosey all sores upon
ye fingers ore hands all enflamations & Swellings, S Antonys
fire ore that Called the rosa whereby ye Legs are so enflamed
that the party his Laime all blowes ore wounds ether with
Sword cudgell gun ore Stone blows one the eye with a tennis
ball, Soe it be pressently aplyed all so the Kings Euell ~~toke~~
Cankers that hapen to men througe ill humers and to woeman in
ther breast after Child bearing ore other wise, all soe impost ums
in ye breast ore niples by giveing suck, the dangrus dileas
in the breast impostume in the eare all pains in the
neck the Smalle pox and Leaueth not a hole in the fasce
all thouge it be Severall years Spotted, it cureth ye ~~tetts~~ tetters ye
Gangreen ye Goute reuhm fallen in ye eyes ore Catharr all soe
ye plurisy in 12 hours

Mrs Albion Receit for mouth watter

take Sage, mother of time, French Sorrill, Columbine Leaves of each a lick quantity, yearow something more then any of the reast, rub them well in a Cloth boyle them well in Spring watter Straine them then boile it well in Spring a Gaine put a little allum to it when it is Cold put in some hony so wash ye mouth and rub ye Gumes with it —

For Convulsion fitts Mrs Albion

take out the Liver of a Rawen whilst it is hott dry it in a tiffony beat it into pouder take as much as will lye one a shilling in a little Black Cherrey watter —

Mrs Albions Black Sellue

tak a pint of Sallett oyle, halfe a pound of red Lead & halfe a pound of white Lead, in very fine pouder boyle it till it lock black then put in to 2 peworth of Camphir —

Mrs Albion Losenges for a Cold

a penny worth of pouder of elecampane, as much Licorish flower, flower of Brimstone. and aniseeds the Same quantety, halfe a penny worth of Gum Arabick, a pound of double refine Sugar, in fine pouder & sifte all through a tifony sive but ye Gum which must be steped in a quart of a pint of watter & with it make ye pouder into a paste make them into Lossenges

mrs Gibons ressett 2

take of the roots of Gentian, Galingall 2 Zedoary, Callamis arromaticus bay berrys, Lignum nephreticum, Long peper, of each one Dragme of Clones cinamon, angelica roots, accorns halfe an ounce dragme a Spoonfull of Currance Cut Rees be Slised fore beaten grossely, then put them into a quarte and halfe pint bottle and put a quart of the best Brandy you Can gitt stop it Close sett it 3 dayes in the Sun if it be Sumer if winter in the Chimny Corner Shakeing it 4 ore 5 times a day, you may take it at 3 dayes end and it will keep as long as you plees it is good for Consumption, mallincholly, & falling sickness, Scurvy, fits of the mother an agne, the dose his a Spoonfull in halfe a pint of nery warm ale those are Stronge may take it morning and eueing that is a bout 8 in the affetter noon are a littell before, for thosse that are wee only in the morning fasting and not eate ore drink in halfe an hour, for an agne it must be taken a littill before the fitt Comes, coueering them up warme it will Sarttinly Cure at 3 ore 4 times takeage they that are Subiect to bleeding must not take it — — —

A ressett to make the Cordiall turnope watter given by mr Allibon

take ye best turnops wipe them slice them and Couer the bottom of yr still with them, then take madenhair a pound, Coulsfoott a pound figgs too pound slised the broad way, rassons of the sun too pound slised the broad way, Liquorish a pound and halfe scraped and slised, anniseeds a pound and a halfe, Alecompany halfe a pound china halfe a pound mix all these to getther and, upon ~~all~~ a layer turnops a Lay ~~of~~ a layer of thees and your turnops againe and so yr seed still is full if yr fire be to force much of the uertue of the engredence will be lost — — — — — —

— — — — — — — — — —

mrs E Hescot ressett for mead

to a pound of hony, take two pound of sugar, 2 Gallons of watter well boyled mix them boyle and scium it uery well and Clean then pour it into ye uessill you will Norke it in put a good handfull of baum when it is Cold enough put in littill spoonfull of ecst lett it work a littill stope it Closse in 10 dayes you may draw it into bottles — — — —

— — — — — — — —

for a Coughe Mrs Grinewill

take a pint of milke and Boyle it well with a Sprige of Rosemary in it then take of the fire and put to it halfe a pint of Cleare watter and Sweeten it with eather Sugar Candy ore Consarue of rosses take it any time when ye pleese

mr Trills ressett for a Coughe

take 3 Spoonfulls of Spring watter and three of Sack one Spoonfull of oyle of Sweet Almonds one of Diacodium going to bed

to Stree Sparragrase

take Sparragras and washe it and brake it into pesses as fare as it is tender then put it into ỹ Stree pane with a littill Salte Coner them Closse when thery are neare anoufe put in eathere Graue ore butter you may boyle ỹ Sparragas a littell tender furst if you plesse

A ressett for the pilles gimend by Mr Tasburey

take parssely and bruse it in a morter then presse the Iusse of it out, then take some freshe butter and Sott it one fire till it be Comes licke a Salfe; then take some haires of the back of a haire and mixe it up to geather when ỹ use it Spreed it upon a ragg and laye it to the pleasse

to Cure warths

take green Slous and seine them and rub your warts with them a Sartin cure

for a Swelling in the fasce ore Blaste ore
enflamation

take the wite of an egg ane beat it with
hoggs farde an noyent your fasse with at — — —

mrs Attwoods ressett of the fistula watter by
in y eyes by the eyes — ore — ells — whaore

take Bole almanake four ounces: white Copperas
4 ounces, and of Camphire 3 ounces: Burn your
Copperas in an earthen pott, till it be thin
and come hard again, then beat it in a morter
with a littill sallet oyle, then mixe all y powders together
and put them in a Bladder for your use, when you use it
take a bottle of fair watter and lett it be ready to boyle
then take it off, and putt into y watter three quarters of a spoon
full of the powder and lett it stand till it be Cold: then put it into
a glasse for your use you must keep it stirring till it be cold
& when you use it shake y bottle y watter is in to bring up
the powder which will sink, powr it out and warme it

and wash the sore with it, and wett Holland ore flaxen Cloths in the watter and lay to the sore the Cloths, in the watter must be 6 ore 8 duble to keep it from drying and if the sore be hollow you must serringe it with the watter twice a day

To make Suruop of Reed Courans use for a refreshing and Couling Suruope used by the french in ther teasans gineen me by madam Hennage

x take a Gallone of red Corrons when they are full ripe and drye, gethered take a pound and a halfe of red Cherreys Stripe them of the Stalks, then bruse them with your hands then lett them run throue a Sive when the Juse is all Come, you had best lett them Stand all night then take the Liequore and to a pint of it put 2 pound fine Sugar and sture the Juse and Sugar well to gether and set it one the fire let it Simber till a noufe but doe not let it boyle

My Cossen Maddison ressett for any Swellings proseding from Dropssecall huomars ore Stone ore Grawell — — —

take Seuen Gallons of watter, too ounes of Bay berrys and bruse them, one ounce of Mash mallo roots wash them Slice them, put these into boyle to the quantite of 3 quarts awaye, then Straine it of then put to it 4 pound of treatlles and lett it Stand till it be redy to tune into y^r uessell then put to it halfe a pint of East and in 3 dayes bottle for your use let it be your Constant drink — — — — —

My Cosson Swineburns ressett for a Cold ore Coifghe

take one ounce of Lukquatalis Balsom one ounce of Consarue of red Rosses to ounces of Consarue of rosse mary flowers mix thes with Some Surrup of Elder to an Electurue and eate it with a Lickurish Sticke

for a Cold mrs Allitons ressett

take halfe a pound of raisins of the Sun Stone them and then with 4 ounces of Sugar Candy beat them to a paste and when they are well beaten together add to them halfe a pound of ould Conserue of reed Roses 30 drops of Spirit of Sulphur and 20 drops of Spirit of uetrioll then beat them all together and keep it Couerd in a pott very Closse for your use

take of thise aboute quantity of a Large nutmeg in the morning fasting at 3 a Clock in the afternoon and at Bed time — — — — —

— — Mrs Duttons ressett to keep your fasse from pitting after the Smalle pox to be used when all danger his ouer

take some rosse watter and make it very hott then put in 12 penny worth of pama Sitey, take some fat Bacon and hold it to the fire and let it dripe into this then betet its to a pomatum.

and noynty fasse with it doe it with a feather

Howe to Pickell Hams my Cossen Maddison

Take halfe a peck of Salt, a pound of Salt peter 2 pound and a halfe of 6 penny Sugar put to this Quantity as much cold Spring watter as will couer the hams, lett it lye 3 weeks in this pickell turning them often, when they are drained dry dip them all ouer in hoggs Blood to Colller them, dry them in a Chimny but not with to much heet this pickell will doe more hams or toungs if you ade more Salt as you think fitt, you may deuide this proportion of engredence to your quantity of hams ore toungs and they will eat entremly well — — — — — — — — —

to make marmalede of oranges mad tasbrough

Take 7 oranges, paire them very thine, Cut them in the middle And scrap all the meat out and Juice in a dish then take the rind and pitt in a large bowl of watter for 3 ore 4 dayes, shifting the watter euery day: then boyle them tender, and cut them in thine shises take all the Juice of the oranges and put it altogether with as much Duoble refined Sugar as it wayes, put noe watter to it, lett it one a Gentill fire and litt it boyle till the oranges look cleare and the Syrrop gelly then put them into glasses — — — —

to make orange wine

take six Gallons of Spring water, put in twelue pound of the best powder Sugar and whits of 4 Eggs well betten put them to the watter and Sugar Cold then boyle them together 3 quarters of an hour Scumming it as Long as any Scuming will rissse then take it of the fire and put in the Juice of fifty Cruell oranges with the out Side rine pared of with out any white left one peales lett it Stand till it be throughe Cold then put into it six Spoonsfull of good alle yeast 8 ounces of Surrop of Sitterne ore Lemmon being well beatten and mingled together let it Stand to worke for too dayes and too nights then put into 2 quarts of Rheynish wine and put it into a vessell and Stope it Close and lett Stand a fortnight ore 3 weeks then draye it into bottles and Stope them Closse with new Corks this wine will keep good a year it will be fitt to drink at 3 ore 4 mounths out

for a Shortnes of Breath ore Spitting Blood

take a quarter of a pound of the Best wirgin honny halfe an ounce for flower of Brimston, of all pouder of Alhcompany the pouder Liequroish the pouder of anye Seeds make all thes into an Electrey and take of it the quansity of a Large nutmeg morning an Eueing and goeing to bed with a Spoonfull of Surrop of hore hound

Doctor peres Lossenges

Take halfe a pound of Daubel refind Shugar weet it with a Sponfull of Ross watter, Set it ouer the fire on A Siluer Salpan ore porringer, tell your Sugar boyle very Clear then put in halfe a quarter of An ounce of these powders naimed of euery one of them, halfe a quarter of An ounce Elicompany Licorish, flower of Brimston powder of Anyseeds Stir them ~~one~~ into the Sugar and turn them out one a plait and Soc make them into Squaires Lossenges

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Aresset for an Auge a Sartin Cure

take the harte of a haire and and drye it to pouder and take it in a Glasse of white wine ore warme ale before the fitt Comes

for a Spraine

take some rume, and of Comon Sope the quantity of a Large wallnut Sett it one the fire and Lett boyle it become like a Salue Soe noynt the Spraine with it well in by the fire and the put a new pesse of flannin and bind hard downe.

to pot wood Cocks Lady Howards waye

take ye wood Cocks and put into there insides some butter peper and Sallt then roest them when they are rosted as if they waire to be Just eyet, put them into to a pott and while they are hott power mellted butter one them and they will keep very well you must take the guts out of ye wood cocks before you roste them and you must Laye them very Closse in your pott with there breast douneward, in the butter that you mellt to power ouer them you must put some peper and Sallt

for any illnees in the fundement if a fistula in ~~Anan~~ Ana take some line seed oyle warme it a littill and dipe some fine Cotten and Soe put it up the body

Mrs Esequtes ressett for a Could ore paines in the Side ore plurietk paines

take 2 ounces of lince seed oyle fresh Drayen one ounce of Surrup of red Rosses, and one ounce of Surrup of Red poppys a quarter of an ounce of fine Sugar poudred you must put y Sugar into a porringer and put a littill Surrup and mixe it with your Spoon and then some of the oyle, and then the other Surrup till you have done it all

for the pills Mrs Tasbrows waye

take some persslae and freshe butter Shreed your Perssla Smalle and mixe it with the Butter Soe noyent the plasse with it

Mrs Knevits resset to make one sweet

take a penney worth of ~~a~~ uennis treckell goeing to bed Covered warme then make 3 pints of possit drink sweetened with a quarter of a pound of Common treckell and halfe an hour after the uenis trecke take a pronger of the possit drink and so every halfe houre till it is al gone

a great restoritue and good for a Consumption
are any weekenes

take the whits of 2 eggs and beet it up with a littill
wiske as you would doe wipe Selebub then lett it Stand
and there will arise a Skime wich you must take of
and beat up the other with a littill rosse watter and Soe
take it

for a Cold ore Coughe

take an ounce of Surrup of licqorish an ounce of oyle.
Sweet Allmonds Swetten them with some broune
Suggar Candy

Mr traps resset for a paine
in the foot prosseding from the Goute

take halfe a pint of Beefe brine the Saime
quantity of white wine winiger and as much
faire watter and bathe your foot in it Cold

a vesset for a whiteloe

take Some rosstome and pouder it very fine and Some tallop Gresse and misee them together and soe doe them to the Sore and it will Sartinly Cure — —

mrs Marshalls reseit for a wash for the faste

take one new Layed Egg, put ~~into it an~~ in whole into Lemon Juice as much as will Cover it, a quarter of a pound of French Barley Boyled in 3 Severall watters 3 penny worth of Camphir one penny worth cerrus all mixt together and Strained and then a full Spoon full of Sallet oyle put in and Shake it well together

for a brused finger of naile

take oete maill and boyle it in alle to a polltise ore Salue and stire in it a perse of butter and soe put it to the plaste pained it tothe healeth and drayes at the Saime time

another for a brused finger ore naile

take Some Docke leaues and brused them with Some fresh putter and So put them to the plasse greued

for a whitelog and taken in time prevents a fellon

take rossen and tallowe and beate it together and laye it to the finger

Mrs Attwoods ressett to make the Drink for the Sourcey

take too quarts of Skim milke, and Boyle it when it Boyles
Squeese into it ye Jude of a dozen Sevill oranges which will
turn it into a possit Lett it Stand over the fire till the Curd his hard then
Scim it Cleane off from the Drink and put into ~~Sweet Grass~~ it too
handfulls of Garden Sedrey Grass, too handfulls watter Cress, and too
handfulls of Brooklime all Bruised first and put it over the fire againe
and Lett the Drink and hearbs boyle togeather a bout a quarter of an
houer then take it and Straine it — you must drink halfe a pint of
this morning and Eveing a bout 4 in the after noon twill last but
4 Dayes and generaly Cures. by takeing this quantity — — — —

— — — — — —

for a Dyett Drink to Sweeten the Blood

Dagnes ~~roots~~ Dagnes ore wild Carrotts Seeds one
ounce yellow Dock roots one ounce Some wood Lisse
Bruised clen^r y roots well and to every Gallon of a
Smalle Ale you must putt one ounce of each this
roots and Seeds — — — —

Mrs Allibons ressett for a ~~reuatism~~ reumatism

Take a quarter of a pound of Sasaparella a quarter of a pound of Sasafras of China, Lignum uita and hartshorne of each ~~one~~ 2 ounces, one ounce of Licorish; Caraway Seed, and Sweet fenell Seeds, of eache halfe an ounce halfe a pound of ressons of the Sun, put it into 14 quarts of Spring watter lett it Stand all night Closse Couered ye next day Sett it one a Slow fire let it ~~Stand~~ Simmer 24 hours then Straine it throughe a musline, take of this warme half a pint morning and night — — — —

put 7 quarts of watter upon the Saime drugs lett them Stew 12 hours drink this when euer you are a drye and noe other drinke for a month — — — — — — — —

an ~~ex~~ anexcelent Cordall watter for the Stomacke

Take a quart of the best Canare 10 drames of Senne, one drame of Saffron dride, one drame of Clouse, one drame of masse infusse alltogether in a tankard Clouse Shut up 3 dayes and 3 nights then Straine it and keep it for ye use, you make take 3 spounfulls of it more ore lesse at morning noon ore nights ore affter meats ore as you please — — — —

Madam Hennages resset of the Calues pluck water for a Consumption — — — —

take a Calues pluck hott from the Calfe the melte and deafe take a waye eares then Cut it in pesses and put it into 6 quarts of new milke with a large handfuff of red Sage and as much Gillgoe by Ground Collesfoot and un Sett Ihessop the Same quantity Sred it and put it into the Stille and destill it off a fast as you can take halfe pint in the morning and at 4 a Clock in the afour noon and goeing to bed — into each bottell you set undur ye Stille put a good Cump of white Sugar Candy

Mr Morgans ressetts for the Jandas too deffrent ressetts are thees for the Jandas the Barbery Barke, second reest begins ~~formen~~ Tormerrick, at Saffran Goos Dunge, Sheep Donge Dock roots, ye outward rine of Lemons, Safern rosted in an Apele wood lice Stamped and Strayned into white wine

— — — —

mrs Button ressett for the Scurruey

take too ounces of the best mustard Seed bruize it a littill and ade as many drried Elder flowers as you Can take up with too fingers and a thumb, Let them infuse eight and forty houres in a bottle of right french white wine then pour off ye Clear and take a Small China Cup full morning and Euening — — — —

another ressett of Mrs Duttons for the Scurrvey

Take Scurvy Grasse Brooklime, and watter Cresces the Clarify them with ye Juice of oranges then Strain it thro: a flannell and Clarify it with Sugar

Mr Bumbarey resset for the Stone;

Take an ounce of Siterpetine maide into pills rold in Sugar is good for the Stone, halfe a pint of Ale the yolke of an Egg a Spounefull of hunney and heat it hott drink affter ye pills

To make Corron wine

Take 6 quarts of Currance well picked, and brused them very well, ym boyle 4 quarts of watter and when it is Cold mix ym together and Stuir it very well, ym tie a very fwp. hops in a bag and put to the Currance, and when it has Stood 2 days run it through a Sife and to every quart of Liquor put 3 quarters of a pound of Lofe Sugar ore fine pouder Sugar, when yr Sugar his all melted put it into yr vessell with a littill Lump of Allum, then take white bread and toste it & Spreed it over with a littill Sad barmee, ym Stope it leveing a littill vent for 3 ore 4 dayes then Stope it up very

Close and Att it Stand 4 mounths ore Longer according to your
grantety, when you bottle it you must put a Large lump of lofe
Sugar in every bottle — — — — — — — —

arosset for a Shortnes of Breath.
ors Stopage of Stomack ore a wheesing

take ~~Leaves of~~ take mountan Sage & Gathered in June
and drye in the Shade then rub it to
ponder and Sift it to be very fine then
mixe it with Honey and take the
grantity of a good Large nutmeg 3 times
a day

mrs Clinchs ressett for Grauell ore
Stone

take a Boute 6 Baye berrys and bruse them
then Boyle them in alle Pume it as often as it rises
Cett it, Boyle a good prity delle awaye when it is neare
Coold Sweetch it with an ounce of Surrup of march
mallos and drink it going to bed

My Lady Swains resset for the Jandas

take a penny worth of Saffron a handfull of Green Broume steep thise in halfe a pinte of white wine you must let it steep all night and Soe drink thise quantity 3 times

To Sweeten the Blood take Sillinden when young and boyle it in possit drink and let it be your drink

a ressett for the Collick take ellder berreys and put it into Brandy and make strong of them

A resset to make the Syrup of oks Lungs for a Could and Cough Given by mrs Hillton

take a halfe a pound of oks lungs pickt Clear from mosse and weeds and put them into two quarts of watter and boyle them till it Comes to one quart and then power it into an earthen pan and let it Stand till the next day then Straine out the Liquor and when so done put to it two pounds and a halfe of Sugar

the beast way to make ye Suriup this ~~not to~~ to power ye watter boyleing hot upon ye hearts and so let it infuse but not ~~boyle~~ till ye doe with the Sugar and then you must ~~straine~~ Cet Simber

mr Briscoes ressett to make the ~~Grem~~ Green Oyntment for
ould Bruses and paynes and Wounds

Sage, Rue of each one pound, Leaues of
Bayes, wormwood, of each halfe a pound, rosmary
tops a handfull, Sheeps Suett three pound, oyle of olive
4 pound, oyle of Spike one ounce you must Stripe your
hearbs from the Stalks
make it in may ore beginning of June, all the hearbs must
be Shreed Smalle and your Suet also and so afterwards Stampe itt
in a Stone morter till they all come into one Substance: then take it forth
and put it into a Earthen Pann: then put to it ye oyle of olive and worke
them togetther with ye hands then Couer it Close and so lett it Stand
7 dayes. then take it forth and Sett it ouer a Soft fire in a Clean Brass
pann and so Lett it boyle Easily 2 ore 3 houers allwayes Stirring of itt
untill ye herbs begin to pitch, then take it from the fier againe and Straine
it throughe a Canuass then put to it your oyle of Spike and Stirr itt
altogether while put into potts and keep it for your use

Mr Gardner to take awaye any marke out of the Body that has bine giuen by there Mothers longing when they weare with Child of them — — — —

mans fatt, and anoynt the plasse with it now and then it will By Deegrees take it awaye Excelent — — — — — — — — — —

— — — — — — — — — —

A Dyet Drinke against the Scurvy and Purge the Blood given by Mrs B

Take the leaves of Senna 3 ounces, Polipodium of the oake and Munke, Rhabarb, and Docke roote of each 4 ounces Liquorish two ounces, Annis seeds, fennell seeds of each on ounce and a halfe, the leaves of Scurvy Grasse, pimpernell Brooklime, watter Cresses, of each two handfulls, Bruse the seeds, and Cut the hearbs and roots and put them into a Cagg, and put into the middle of them a Stone and put them into a Vessell of 8 gallons of ale

good for the worms

Lavender Cotten, and Garlick Boyled in milke

Doctor Garths ressett for to Cause an apitite and to Strenth the Stomake Given to mrs Hennage

take an ounce of the Jesuits Barke in pouder enfuesd in a quart of white wine drink of it 4 times a day, Shake it ~~all~~ as many times but let it Settell before you drink it, you must take a wine Glasse of thise 4 times a day in the morning fasting before Dinner a hower at bout 4 a Clock in the after noon and at night about and houer before goe ing to bed

a Purge for a cancer

an ounce & halfe of sena, half an ounce of rubarb, an ounce of winter bark, an ounce of pollipodium of ye oake, slitt the roots & bark then infuse it in 3 pints of water till it is wasted to a quart take 4 Spoonfulls of this every morning sweeten it with hony or Sirop of aples maiesterally prepared, if you infuse more then half a quarter of this at a time it will Spoiled before it is taken

frog spawn water

in march take ye frog spawn with a skimer lett ye water drain out then put it in a close mouthd earthen pot stop it & ~~pitch~~ pitche it very close then cover it well in hors dung lett it stand there 3 weeks or a month then still it in a cold still twice or thrice till it hath lost ye smell — — — — —

my Lady widderington ressett for a Loosness

take hogs dung newly dunged and boyle it in a pint of milke prity well then straine and drink it of to make the hogg dung you may turne him round ~~ev~~ nerall times and falloe him till he does it — — — — — — — —

m

My Lady Vafersers ressett to make the red pouder

Take Cardus, Scabious, Pimpernell, Tormentell with the roots
very littell Cardus and as littill rue
Balme, Angelico, Burrage, Endiue, Succory, Dandelyon, Rosemary, Rue;
Dragons, uiolet, and Strawbery leaues of each one hand full, Dick the
hearbs and Chop them uery smalle, steep them with three pints of white
wine in a Closse uessell 24 hours, then take of the best Bol. Almaneck
uery finly grownd one pound, put it into a Broad dishe, and straine upon
the white wine infusion as much as will make it lick pap; stirring it well
together then sett it in the sun to dry and as it drys, still strain more of
the wine upon it, till all his spent, at the last wetting put in halfe an
ounce of burnt harts horn & a dram of saffhorn both finely powdered and
one ounce of cochineale with one ounece of Viniee treacle. Incoporate all
these uery well together and sett the masse in the sun till it be dry enough
to form into balls, which must allso affter be dry'd in the sun,

it is usaal to put in first hearbs to make the infusion the stronger
and when you can get Jelly of uiper, put it ~~into the~~ in with the white
wine in the wetting (as in Gasgoiyn powder, you may diuide the
mass into two parts and then put halfe an ounce of uenice tracle
in one halfe and make up the other without for a Cooler Cordiall
on occasion in a malignant distemper, boyle red sage and tops of Rue
in white wine, Giue the powder in a sponfull of it and drink
a little Draught after it which will cause more sweating

for a Canser in the Breast
ore ells whaire.

take line Seed oyle you must have it at the Couller Shope
and doe it by a fire as warme as you can well beare it 3 ore foure
times a day dipe a fine paper in the oyle and keep one it

for a Sorre ~~throte~~

take a pint of red wine and put a handfull of red Sage
and boyle it well and then put in a prity lump of Burnt Allume
and Gargall your throte with it — — — pritty often

a resett for the wormes

take fenecrick a halfe penny worth worme seed
one penny worth in a penny worth of London
treacle the quantety of a large walnut at
time fasting be ture.

for a Sore Breast throte

take a good handfull of Cammile green and
heat it hott in a Shouell and put it to ye throte between to
cloths

To Deckell Herrings

Take 100 of Herrings 2 large Handfull of salt an a
ounce of grated nutmegs 2 ounces of Jamack Pepe.
Half beaten half whole a lettell shised ginger gut
an cut of ther heads & tails of your herrings rub your
botom of your pot with an onion & leave itm your botom
mixe your spices an salt then Lay a lay of herrings
& stron your spices betweene every lay with a few
bay leaues fill it up with the best white wine vinger
& bake it with the household bread when it is cold
skim of the fat

Mr moors resset for Sore Eyes

take the whitts of too eggs and beat them up with a littell lump of rocke allam and for 3 morning and nights greing to bed drope it well in to your eyes — — — — —

Doctor Smithsson derictiion for thurstyness

take the Salts of woormwood one ounce in a bottle of white wine ore wheye a glasse of this morning ore affter noon — — — —

take the tops of woremwood and boyle them very tender to raggs and when that his done beat it in a Stone morter well then take Some honny and give it a boyle up together so take the quantety of a large nutmeg every know and then — — — to make the young Lady olery puding

take a pound of raisons and Stone them Chop them very Smalle then take a pound of Beefe Sueit and Chop it very Smalle and then mix it with the reasons adde to these 2 ounces of ~~flo~~ the best flower with 8 egges Leaveing out the whites of 4 and beat them very much and so put them in with a littill Saltt tiy it up in a Cloth and boyle it one hour and it will be a nough — — — — —

for the pills Lady remonds ressept

take some Capon Greese and put it up with a rage and keep it up with another

1 mrs Kneuitts resept for the Grauell ore

Stone take 3 pints of alle and put a good handfull of Camille flowers and a good handfull of elder flowers. foyle it about halfe a pint a waye take a ounce of Surup of Altheae and Sweeten about halfe a pint of it goeing to bed for 3 ore 4 nights together

Mrs Grousnor resset for the Icthe.

take one ounce of white Helebour root and beat it fine and Sifft mix it with a thick Creem lick an oyentment Sture it often and let it Stand too ore three dayes and then noynt the Joynts before a fire, tathe Something to driue it out it thicken in Standing

an oxtrodnary ressett for the uapours

the en side of them

Scrape oyester Shells and drye them to a powder and take in white wine and watter as much pouder as will liy upon a Shilling too ore 3 times a day, and between drink a tee maid thus, take halfe a Spoonfull of Corrender Seeds and boyle them in quart of watter to all most a pint and drink a cup of this Some times

To make the Balsome of Elder Iusse for the Gout as at is prepared for her maigesty

Take three Gallons of the Iuice of Elder berries, put one Quart of it into a presarning pann, and let it ~~Stand~~ boyle, continually Sturing, till it be waisted to about halfe a pint, then put in halfe a pint more untill the whole three Gallons be boyled to a quart, then put it up for use, and take the bigness of a nut at any time but more Especially at night and morning when you waike, ther neuer Should be much more then a quarte at a time in the pann

Madam Hennages resset for any Speck grouing in the eye soe it is not in the Sight

Take a new Layed egge and rost it uery hard, and then take the Shell Cleen of and Cutt it quite throoe the midle, and take out the yolke as fast and as Clear as you Can, then put in a pises of white Coppress as bill as a nutt meg Closse the whites of the eggs together and put them in a pesse of tiffany and when you think ye Coppris melted wring it Gently and the water put in a Cleen uoyell for ye usse, droping it in to the Corner of your eyes

Janawary 24 mr Yeats Entered i663

madam Hennage.

take parsellses plaster for any Bruse ore Spreen.

madam Hennage for any waankled sore.

take turpintine, the yolke of a hard egge, alittill wheeton flower mix these to gether make a plaster of these and Laye to the sore.

mrs Clarkes plaster for weeknes in the Back.

it is Called oxecerotes plaster

aressett for a Cough by mr Duglass

Take a garter of a pound of blew Corrans pick them wash them very Clean drye them well then put them to halfe a pint of Sallit oyle and mix them well together and let them Stand 48 hours take a Spoonfull goeing to bed and in the morning fasting keeping warme

for a flooding this did occoner one given over by the Plishons — — —

take hoggs dung as warme for the hog as you Can git it and spred it upon a blew Cloth linning and so put it to the body of the woeman — — —

for the Gravell ore stone Lady Engliyses

take 2 quarts of spring watter, halfe a pint of write good Brandy, halfe a pint of Rennish wine the susse of too Lemons and seewten it with fine sugar ore surrop of Allthea and drink of this a draught ~~night~~ morning noon and night halfe a pint at a time — — — — —

Doctors Smithsson Cordall to give a stomack

take too nutmegs prity Large, Powder them, a quarter of an ounce of Salt of wormwood, one Drame of Saffron tiyed up in a peesse of musline halfe an ounce of Carroway seeds Grosly powdred steep all together in a quart of sack too ore 3 dayes before you begine to drink of it then take 2 spoonfull an hower before dinner

Mr Silks ressett for a dryett drink a Clensing one

Take good Store of Red Sage, near as much of Goulds
ore foles foot 3 quarters as much Agremony ye like quantyty of
mother planting, ye lick quantyty of wild mallowes and Sume root
scrap ye root take Some of the Leaf, with a Sprige of rosemary
Boyle all thees well together in Strong wort and doe not Stopes
it drink a good draught morning and Euening ore when you plese

I the Surrup of Oynon for a Shortenes of breath
Stone and Gravell given by my Cosen Maddox

Take a large Spanish oynon take of the out Side Skine
make a hole in the midle and fill it up with Comon. treakell
put in a Sasser to rost and as the Liquor runs out take it
and preSarue it, keep filling with the treakell till the oynon
is rosted to a pap then take and bruse it well and Straine
it in to the Saime Liquor then give the person the quantety
of a Spoonfull at a time three ore foure times in a day and at
night the drink to take along with it one ounce of
Snake weed infused in a pint of watter and halfe a pint of brandy
give 3 Spoonfulls at a time after the Surup

Lrd Gorge Howards reseitt for a Caughe

take two ounces of Linseed Oyle new drayen and put
to it 10 ounces of Surrup of Coushps and mix it together
well So take 3 Spoonfulls goeing to reast

Arreset to Kill Buggs

Colocynth and Staves Acre of each an ounce
Bruised, Aloes 2 penny worth, Boyle in too quarts of
Rape vinegar till ~~it be~~ halfe a pint be waisted the rub
and make ye Joynts and plases very wett and well soked with
a Spunge and dipped in this Lignore very hott

mrs Albons reseitt for wind in Children

take three Spoonfull of Cardus watter sweetned
with white sugar Candy ore fine Suagar

251 this Resett to be maid the begering of June

bean flowers. Elder flowers, white lilly flowers, half a peck of Each or the watter distelled, on quart of small straburrys, 8 new layed Eggs, ye whits and shells beaten to oyle, one poynt of white wine, on poynt of white snalls purged a large handfull of femetarry of wild tanssy and Chickweed, straburry leaves; of white lilly roots 4 ounces. Calves blood on poynt, 6 fare lemons slised the out side cut off, on ounce of flower of Brimstone, 3 puppys before thay ~~[illegible]~~ see, flead, heads and gutts thron a way, or half a Calves head; a Gallon of new milk, of white poppy seeds 4 ounces 2 ounce of the best white bengemon, put a little white sager Candy into yr bottles to drop one, stur them offten for fear of burning

— — — — — — —

mrs tredayes resest for an oppett forte the teath ore pouder

2 penny worth of draggons blood 1 penny worth of Bolalmanick 1 penny worth of sandeuer, halfe a penny of burnt Allom 2 penny worth of mear 2 penny worth of mastick too penny worth of honny let all your pouders be finly siffed befor ye mix it with yr hony your sanddeuer must be beat with a hott pestle

My Mother waye to make plum porrige

take an oxe head if clene picked and washed and choped well boyle thiss to masshe then Straine, then put to the prantey of three peny worth of Bread greated fine, three pound and a halfe of resson of the Sun too pound of currons too pound of prunons and a quarter of an ounce of masse and Cloues, and halfe an ounce of whole cenimon Sume Sugare to Sweetten them to your pallatt Sett them Boyle till the fruett his well plumed and the broth become thick a nouffe a penny worth of red Sanders Eue out Some when you use them put in Some Beating Cenniment and Juse of Lemons — — — —

to make mince pyes my Mother way to make it in a dishe

take Some of the Resthe part of the oxe Cheke when it his hake boyled then Shredd it with Some good beefe Sweat about 3 quarters of a pound halfe a pound of Currons a quarter of a pound of ressons Stoned a quarter of one ounce beaten masse and Cloues and beaten Cenniment the Saime prantity a little Salt too Spounefulls of Sugar ore one and a halfe too ounces of orring and Lemon pill Candid and put this in to a dishe with a good puffe past not very thicke put on to the things a glass of rose

aninflalable ressett for an Ague it offten Cures the furst time but neuer faills the Second take a oyken dishe lick a butter dishe but it must be quitt new make watter in the Chamberline of the Sick person and then Sett it one a Clear fire Soe let it boyle in the dishe burning together

my Ladys Smithers resset for a Cold

take halfe a pint of milke and boyle it let Stand till it be a little Cole then Sweeten it with a good Spoonfull of London treakell this take goeing to bed it will Cossing the Cold

Mrs Briscoes ressett for a rumetisme

you must make mustard with Brandy ore Sprritt of wine So Spreed it one a leather as a plastter and Soe lay it to the plasse pained if the parson be fare gone you must take three ore fower ounces of Blood awaye

to take of a mark of a Child proseding for the Longing of the mother

what ever the mother Long for rub the plasse marke with some of the Saime

To take Spotts out of black Cloth

take a good hanfull of Isop and boule it ~~in Spring water~~ w till all ye vertue is out and ye take a pice black of Cloth or a pice of black Crape and with Some of ye water rub ye Spot

To take a Spotts out of blak Cloth

First, Take a good hanfull of Hsop and boule it till all ye vertue is out in Spring water and then take a pice of black Cloth or a pice of Craop and with some of ye water rub ye Spott

mrs William ressett of the Snaille watter

Take too pecks of Snailes, too handfulls of Angelica, too handfulls of Celandine, too quarts of Rosemary flowers, beares foote, Agremony Reddocke roots, barke of Barbaryes, Bettony wood sorrell of each 2 handfulls, Rue one handfull, three Gallons of Stroge alle, enfusse this all night and in the morning three ounces of Cloues six penny worth off Saffron 6 ounces of harte horne made too thees some Allecompany rootts

to purge ye Snailes put them in Beare and Salt and wipe them with a wiske well then draine and bruise them to put in the Stille

anfalable ressett for the Dead pallsey

take peck of frech Green Cammell and put it in earthen pot it must be well pickt and rubed without washing it must be stoped very Closse then put it into another earthen pan and that must be paisted up very Closse that noe aire gitt in then bury it underground 48 dayes when you take it up it will be an oyle and with it noyent the plasse affected — — — — — — — —

Mrs Williams milk watter

tak a quarter of an ounce of mace as much Cinnamon one Cock Chicken putt them into a Gallon of new milk Cleve the Chicken and break the bones then sett it over the fire and Give it one boyle and put it in your stille with one handfull of Scurvy Grase and a handfull of sweet marioram too nutmeggs slised and six penny worth of saffron still them over a Gentle fire lett it dropp upon whitt sugar Candy — — — — — —

Mrs Etens reciept

A Medicine for ye dead palsy for ym yt have Lost theire speech

Take borage Leaves marigold Leaves or flowers of each a good handful; boyle it in a good ale posset ye patient must drink a good draught of it in ye morning & sweat if it be in ye arms or Legs they must be chafed a hour or 2 ypr they begrew'd & at meals they must drink of no other drink till theire speech come to ym againe & in winter if ye Leaves be not to be had ye seeds will serve

A Reciept for ye gravel or Stone

take a Spoonfull of powder Lickerish new done & mix it with a Little whitwine take after about a ~~[illegible]~~ a quarter of a pint warmd and drink it at night going to bed

an enflatable ressett for the Icth

~~that~~ take halfe a paund of fresh butter with out sallt ~~butter~~ a quarter of a pound of flower of brimston halfe a pint of Aquitty mix it ouer the fire keepe it from oyling and thicken it by degrees one the fire not puting in all the equity at that time but if you find it to thick thine it with it tak a handfull of mint and baum shreed as fine as possible & put it in noynt fine nights all joynts drink halfe a pint of milk with

257 as much flower of brimston as will lye upon a Shilling you must wayer the Shift afortnight after noyenting for fear a return burn the Shift when down — — — — — — — — — —

for a paine in back

take the oyntment of marchmallos and doe as warme as you can Chaffeing it well into the back by the fire goeing to bed — — — — — — — — — —

for a flooding ~~in the woume~~ ore an ulcer in the wooum

thise ressett his for the Cleensing and Strenthing of it, this illnes often Comes after a falst Conseption — too penny worth of uerwin which ~~to~~ his three bunches done up to the bignes of mint when very young and b wash it and Clene it well then boyle it in three quarts of alle till it comes to three pints then put in a pint of white wine that must but Just boyle up then power it in to a pan hearbs and all so let it Stand till Cold then put it into bottles Clear it from the settlings night and morning take halfe a pint Sweeting it with a littill Loffe Sugar and warming it — — — — — — —

a ressett for fitts in Chilldren take nine drops of a black katts blood in a spounfull of black Cherrey water this quanty three times given has very often quered — — —

for the fase

Take a pound of french barly and boyle it sheft
your warter five or six times saue a part of the last
water Take a quartter of a pound of bette Almons Blanch
and Bett̃en very small tow ounces of oly of Tarter Lille roots
Six pennyworth of the Juse of three Limons half pint of
milk half pint of froge Spane warter six penny worth
Chamfer one ounce of Calcine Talk stir these very well
in the Barlewater an Lett them stand fourtwenty
hours then strrit ouer the fire till begins to boyel leaue
out the Jush of lemons till it comes of the Fire

Mr Briscoe excellt Domatam for the hands and faice

take halfe a pound of the Caule of veale fresh & if you can Hott from
y Caule & putt it presantly into Cold Spring watter ore other watter for 6 days
Shifting e watter once ore twise a day & puting one fresh & when the 6 days
are expired take itt out and Beatte it one a Cleane Borde with a rouling prin
ore ells in a marble morter and when Beate take it and drye itt between a Cleane
Clothe, and then putt it in a Gallipott and put to it 2 ore 3 Spoonfulls of rose
watter ore as much as will doe, then sleitt e y pott ouer with Leather and putt
in a fasspane: halfe full of faire watter and lett it boyle, tell you think y
vealle Caule his melted in the Gallipott then take itt out and Straine it
throuegh a Linning Cloath into a yearthen Basson and lett it Stand with out
Stirring of tell it be Could, then make a hole in the fatte and drane out
all the rosse watter which will be at at the Bottom, then put a Littill
trotters oyle to it and Beat it up well with a Spoone, tell it is as white
as milke & and when y his doune put it in to a Gally pot Covered and keep it
for y use sent it with oyle of rhodium ore oyle of Lemon ore Blowes if you
have pimpells ore a red faice take a Littell of the pomatam and mixe a littill
Camphere to gether in a marble morter and soe beate it well together

to Candy oriange flowers

take oringe flowers and wash them and Steeping them Some time in Severall watters then mellt Some duble refined Sugar ore Sugar Candy in watter as much as will doe ye flowers and boyle it to a Surrope taking of the Skume when Cleare put in ye oriange flowers and encorp encorporate ye Sugare —

to make Cuttlets

take a neck of mutton and cut it Rib from rib then beate them flatt with a Cleaver throwing one Some Salt and peper, grate Some Crust of french bread be Sure it his not burnt for it will be bitter and throw it one and broyle them, for your Sauce take Some grauey Squese in Some Lemon ninee one oynion and put in heat it ouer the fire and Soe put it one ye cutletts — —

to make a fr Ragne of Sweet breads one mushrome

take Some butter and Sett it ouer the fire with a Slice of bacon and lett be brown then throw in a littill flower into ye butter Shaking it to be brown then put in your Sweet breads tosing them a littill while then put in Some brothe Season it with Spice Such as for your frickey with Salt mine a littel Lemon oynion Smalle and a littell persely and throw it with halfe a Lemon So Lett them Stew till they be thick Soe Sarue them up in Steed of broth put in Grauey if ye haue it, you must Sett your Sweet breads ouer the fire and let them boyle up and pull of the Skin cut them into littill pesses ore swirs before you dress them — —

to make a Ratifia

take to quarts of the beast Brandy and too hundred of Aprirock Stones a dram of Sinnament halfe a pound of white Sugar Candy beaten to fine ponder Slice to ore three Aprirock and break the Stones and not bruising the Kernals then put in all the engredents and brandy into a Large Glase botle and let it Stand 5 ore 6 8 weeks in the Sun ore any warme place then power it off in a Large Glase bottle and let it Stand five ore 6 dayes to Settle then powere it off Cleare ore rather Straine it throw a flannel into the bottles you dessine to keep it in

To Stew a Carp

my finger

Take you Carp ~~Stew~~ crape it well then put it into the pan y Desinge to Stew it in then Cut the Celly up and take out the blood all as you Can wash It Clean out with Clarrat Wine then cut the Carp into peices put a pr of Clarrat in a Little water an onyon Stuf it with Cloves a Bunch of Sweet herbs a Little Salt a few Sorrol Leaves A Blade of mace a Little horse Reddish Let it Stew Softly till it be enough then put in a good piece of Cutter 1 or 3 anchovys Some french bred Cut in pieces as Song as my finger and fry it in Cutter and put it about the Carp and Serve it up

for a Butter eyes and Breeds
for a Leg of vele
for Bakon and cabesh
for 2 ounces of hare
for 2 Rabbits
for a pint of wine for 2 Rabbits
for fish and otmele
for worstock

August the furst 1688

for a neck and Brest of mutton	0	2	0
for butter an other things	0	0	6
for fish and kidnay Beens	0	1	0
for Butter and cronches	0	1	6
for a pound of suge	0	0	3
for a letter from mis Barinton	0	2	10
for a pese of Befe	0	1	0
for fishe and eges	0	0	4
for mele	0	0	6
for fyre cokes	0	0	11
for a brush and Brome	0	2	0
for Coshine	0	0	8
for Corons and suger	0	1	0
for flower	0	0	6
for a pound of suge	0	1	6
for 2			
to the washwoman	1	0	0
for hare 1/4 ounce	0	1	3
for flowe	0	1	6
for a nek of motton	0	2	3
for fish and Benes			
for Butter and suett	0	3	6
for ches	0	1	0
for ale	0	0	6
for a bottell of wine	0	1	0
for a pare of shoas for			
mee	0	4	0

To Make fish Sauce — mrs Harris

Take half a pint of wine vinegar 12 anchovies 4 blades of mace 6 Cloves one small race of ginger cut in 2 or 3 pieces 1 nutmegg cut in peices 18 graines of white pepper boile therin a pint of clarret very well then Straine it and when it is cold Bottle it up a Spoonfull or 2 may be put in thick butter or any other sauce for fish or flesh you may put a Little Shellat or 2 ——

CHRISTAL GELLY — mrs Harris ressett

Take a Set of Calves feet and Boil them in Spring water till it Comes to a Strong jelly ym Strain it out and when it is Cold take of the fatt and put to it a pint of white wine and a ℔ of Double Refind Sugar a little Sinamon and race of ginger Sliced and a nutmeg grated o let these boil a ¼ of an hour then take it of the fire and put in the juce of 3 oringes and 2 Lemons and the whites of 6 eggs Beaten and warm it and runn it through your Bagg then put it in your glasses or Dishes take a Little Sufforn or green wheat or the juce of Vilots or Scuthing ele — —

The Finest Surfit water that is now a days — mrs Harris

Take 5 Gallons of Brandy and put to it 5 ℔ of Corn poppys picking The Blacks Clean of take 3 ℔ of Reasons of the Sunn Stoned 3 ℔ of figgs 2 ℔ of Dates 1 oz of Cinamon one ounce 1 oz of Cloves one ounce 2 oz of mace half and ounc the same 1 oz of nutmeggs Cut in quarters 6 Large Races of ginger Sliced one Large handfull of angellica Balm mint and Rosemary equally mixt 5 oz of Licoras ounces Cut in Slits let all these infuse 12 days in a Broad mouthed glass in the Sun Sun Stirring it once a day then strain it and corke it close for use you may put a gallon of Strong beer to ye ingredients and Still ym in a ordinarie Still and will make a excelent water which we call the white Surfit water ——

to make Royal thee

Gemacum wood Roasted two ounces Sapaphas

Rasped one ounce China And ~~[illegible]~~

Sosaparilla Cut And Sliced of each Oun

oz and ½ harthorn And wery Shavings

of each 6 Drams Rosmary flowers

too Drams Red Rose Leaves ten Drams

As of ten As you use these ingredients

Let ym Be well mixt and a Large Spoonfull

Will Be Sufficient to pt of well Boyld

Water Let it infuse and hour Before

you use it

Idoe ouemarget Oxfordford

24 Pound

Idoe ouemmesingerood found

mr Burdit 5 pound

Idoe ouemalabone 8 pound

Resaued of mr Cathrop 3 — 10 — 0

Resaued 3 pund for
capton Baxter which
was due to me. 3 — 0 — 0

1688 Resaued for Capton
Baxter Lady use mony 3 — 0 — 0

Resaued of madam Jarett
for vse for 50 pound — 19 — 10 — 0
which was due at Lady day

Resaued 8 pound of mr Ratlif
for mr Longfeld ded oue to my 8 — 0 — 0
husband

Resaued of mr Kingforper 3 — 0 — 0

Resaue of Capton Crofts 3 — 0 — 0

Resaued of my Lord Carmton 16 — 0 — 0

Resaued of mr warpole — 1 — 15 — 0

Resaue of my Lord preuesell 2 — 10 — 0

Reseafed of mr mesinger 1 — 7 — 0

To pill your Mushuromes & as you pill them throue them in to Salt and Water then take them out and put a Littill Salt into the Water that you boyle them in and when your water growes blake throue it out and put in more warme Water and still doing, Salt when you find them tender take them one by one and Laye them to be Coule then Make your pickell take Winiger and White Wine adee a Littell Water if you find pickell to quicke with a Littill Salt then when they are all Could put them together with whole Mase Cloues and Rist nutmege gingers whole peper, and when you glase them up put a Littill oyle upon them & Cover them up Cloues with a Leather ore a bladder

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To Make a Sallmond Cake

Take 3 lb of Fine Rise flour & to a pint of Cream of 2 Eggs
of the Best & Strong yeast mixe Rise flour like Cake
take a quart of Cream Warme & put in the Eggs
and put a little Salt into it & let it stand
one hour before you Bake it

A ressett of mrs Squibs for the preventing of having much the Smale pox eather in the throet ore eyes let the person Looking to the Sick Rhene good Store of Commings Seed and Blowe in to the mouth and eyes of the deased ye decasion it is a Sartin helpe. — — —

A Receipt to Cure the Rumatism

Let your diet be Sparing (VVZ) meats that are of easy Digestion an broaths that are made of foules or mutton very thin and Lett your drink be made of Baking apples boyld in Spring water untill the water tasts of Apples and drink as often of this as you please but if you find it to Cold for y.r Stomach drink a Glass of good Sherry once a day and take the following powder 3 times a day either in bed or very warm In the Morning one houre before rising at 4 in the afternoon and at night when in bed for a Woman of weak Constitution morning and night anough take it in a Littel of the said Drink

the Powder — peny royall watter too ounces

take of the Cinnabar of antimony 3 drams of prepared red Corral 1 ounce flower of Brimston too drams of Sweeting atimony ½ oz make all these in to fine powder and Devide it into 14 papers and take one each time after the powder hath been taken 3 days and Nights then take of the following draught every third night

Draught one ounce & halfe of cacke

take of Compound bryany water 1 oz ½ peny royal water 2 oz of Liquid Landenum 10 Drops oil of amber 3 drops Surrip of wild puppys 3 drops mixt altogether for a Draught — — — —

A brome	0	0	4
A mope	0	1	0
A quset	0	0	2
A pote	0	7	7
A great Cettell	11		0
A littel Cettell	6		0
A Chafendich	0	1	4
A Boxitne	0	3	6
2 hetters	0	1	0
A frame	0	0	4
3 doson of Crenchers	0	4	2
1 puter Bason	4		6
6 poringers	4		6
6 puter dishis			
	1	17	6
6 Sarsar	0	2	10

2 Candelill stik 0 0 6

the Queens ressett for the wind in the stomack

take ginger gallingale of each a lik quantity; one ounce of ~~ounce~~ Anniseeds Carrawgy seeds fennel seed of each halfe an ounce long peper grains mace and nutmegs of each too drames beat them all together very well and put to it tow pound white sugar C finely beaten. then seree them all together and use this pouder after your meat it may be taken at all times it comforths the Stomake wonderfully it Breaketh wind and causeth good desgestion —

To Make Paste of Oranges and Lemmons

Take your oranges well coloured boile them tender in water shifing them sixe or seauen times in the boileing put into the furst water a handfull of salt then bette them in a wooden Bowle with a wooden pestel straine them through a piece of ~~chu~~ Cushion Canuasse take the wight of them in Sugar and some what more then boile it and dry it and fashion it as you please and dry it in a warme ouen upon aplate all night on the morrow turne it

Probatum est

To make Paste of Genna the true way

Take Quinces and boile them in their Skines then scrap all the pulpe from the coure straine it through a piece of cushion Canuis then take as much sugar as ~~will~~ in the pulp doth weigh put to it twice so much sugar as will melt it that is halfe a pint to every pound of sugar boile it to candy hight dry the pulpe upon a Chafing dish ~~and coulse then boile~~ then put the sugar and the pulpe hot to gether boile it with storing untill it will lie upon aplate euen as you lay it and ran no broadar then fashion it some like leaues and some like Letters so set your plat in a warme stoue or ouen set it upon tow biblers wood upon

from the hearth of the ouen all one night in the morning turnit and so set it in the like hete agave and euery day turn it untill it be dry

To preserue damsons pear plums or
Any other kind of ~~plums~~

gather your damsons in a faire drye daye and let them not bruised but
be ripe or else thay not be well coloured to euery pound of damsons take
a pound of fine beaten sugar and one spoonfull of rose water you must put
your damsons in faire greate pann one by one and not aboue a pound at
once then set them upon a Chafindish Coales but let not your fire bee to hot att
furst then set th[illegible]n on your ~~fire~~ plumes and ~~in~~ as much sugar as the rose
water well melt before your pan warme cast one halfe your sugar and let
the pann be no hotter then you cann suffer your hand on it for the space
of a quater of an houre you must not turnd them untill there be as much
surrup as m will beare them up then turne them and cast the rest of your
sugar but you must not let them seeth when you doe turne them
because thay will breake one both sides but lett them lye in hot
surrup a while then turne the broken sides donnards againe and them
seeth ~~when you doe~~ sofly a litle whill then may you turne them
as often as you please and let them seeth resonable fast till you
thinke thay bee enought if you let them seeth longe they will lose there
Colur and will bee tought you must skime them nverrye cleane and when
thay ar could put them up In glesses and put in four or five
Cloues as many litle slices of cinaman of about an Inich long thus you
may preserue any plumes but you must put nether cloues nor cinamon
to your white plumes

To dry Lettice stalkes Artichoke Stalkes or Cabbage Stalkes

Take the stalkes pill them to the pith put the pith in Strong Brine three of foure dayes then take them out of the Brine Boyle them in faire water very tender then dry them with a Cloth and put them into as much Clarified Sugar as will cover them and so preserue them as you did your orenges then take them up and set them to draine then take another fresh sugar and boyle it to the hight take them out and dry them

To Candy Barberries Grapes or gooseberries

after you haue preserued them as aforesaid dip them in warme water very suddenly to wash of the ropy sirrup then strew them ouer with searsed sugar you would doe flowre upon fish to fry and so set them into a warme ouen or stoue three or foure times and neuer Let them be Could untill thay be dry and thay will looke like sparkling Diamond

To Dry any fruits

Take pippins pears or plummes and wash them out in warme water from the sirrup thay are preserued in and strew them ouer with searsed Sugar as you did before then set them to in broad earthen panne that thay may ly one By one then Get them in a warme ouen or stoue to dry if you will Candy them with all you must strew on Sugar three or foure times in the drying

after thay are preserued

To Dry Peares with out Sugar

Take Lee Norwich peares pare them with a Knife and put them in an Earthen pot and bake them not too Soft put them into a white plate pan and put dry Straw under them and lay them into oven after Bread is drawne and every day warme the oven to that degree of heat as when the Bread is newly drawne with in one weeke they will be dry

To dry peare plumines or other plumines

Take plumines prick them put as much Sugar as will Cover them set on the fire untill they crake a Littell then take them up and put them into fresh Sugar added to the first Syrrup and let them boyle higher then before take them of the fire now and then to skimme them then put in your plumines againe and Let them warme againe in that Syrrup halfe and howre then put them into glasse for three or foure howres in that Sugar then warme them againe

and set them to draine then take as much frish sugar as will cover them and boyle it to a candy hight then put in your plummes againe into that sugar and let them boyle leasurely halfe and houre now and then turning them up betweene hot and could lay them on a Board todry boxe them up . . .

To dry orenges or Lemmons

Respe of their cut ward skinnes cut them into halues take out their meate and lay them in water three ~~of~~ or foure dayes then take them out of that water and lay them into a fresh water and boyle them ~~tender~~ shift the water fiue or sixe times ~~of~~ to take away the Bitternes when thay are tender then take them up and wipe them with a fare Cloth and put them into as much Clarified sugar as will couer them and Let them boile ~~the~~ Leasurely two howres take them of the fire put them into an carthen pipkin for foure dayes ~~set~~ then set them on the fire untill thay be through hot then set them to drame . . . .

To Dry pippins as cleare as Ambar

Take yellow pippins pare them and cout them in the middest and cut out the core them put them in to bason of water then take their ~~weite~~ weight of suger clarifie it boyle it neere to candy hight dry your pippins with a fare Cloth then put them into the hot sugar and Let them boyle as fast as you can when thay Rise ~~[illegible]~~ up

Take them of the fire and scoume them turne them and set them on the fire and scum againe so doe sixe times when the sugar is candy hight take out the pippins lay them on a bord and put them into a warme ouen within three houres you may turne them within three dayes thay will be dryed enough

To dry Apricks very orient and Cleare

Take Apricoks which be not ouer ripe take out the stones put them into as much Clarified sugar as will couer them boyle them leasurely often stiring them then take them of the fire and let them stand all the night in the sirrup the next day warme them againe in that sierup when they be through hot set them to drine then take another fresh sugar and boyl it a little higher boyle them in it leasurely and turne them now and then and scumme them so let them stande untill the next day in that surrup then warme them throughly and lay them againe to dry take the third fresh sugar boyle it to a candy hight put in your apricocks to that hot sugar boyle them now and then taking them of to scumme them your sugar being boyled to candy hight take out your apricockes laye upon a faire bord then put them into a warme ouen the next day turne them and put them againe into an ouen with in one week thay will be dry and as yellow as gold

this do belong to the dril oreng + thay will be dry

and when thay are drained take fresh sugar boile it to a candy light then put in your orenges to that hot sugar so let them boyle till thay come to candy light then take them out lay them upon a sive and dry them in an ouen within ten days

To dry Plummes

or Cherries

Gather them in the heat of the day and prick them in ~~the~~ with a pinne lay them ~~to~~ upon the bottom of siue put them in an ouen after the Bread is drawne when thay beginne to ~~warme~~ wether let not your ouen be to warme as at the furst puting them in within one weeke thay will be dry then boxe them up

preserue

To ~~Dry~~ Cherries

Gather your Cherryes in the morninge and let them not be to Ripe cut of the topes the stalkes and lay the Cherries in a pann upon a thine Bed of Sugar and bete it uerye fine and euer as the Cherres boyels up cast Suger on them and Scoume them not untill the scame bee Redye to seeth ouer let them boyle with A quike fire for soe thay will be the fawes you need not feare the breaking of them for as thay coole thay will close agant and soeth not aboue two pounde att once the fewer the better and boyle them Rather to litle then to much being soddon put them into faire dish and let them stand till the next day and if there ~~[illegible]~~ come any water from them then seeth them a litle more you must vse a siluer spone aboute them ~~with~~ which must be scoured very ch cleane for if you vse other knife or ladle that hath bene used about flesh It will cause mites to brede in your Cherries

To make marmalade of some of this plummes

There is no more Difference but in boileing it higher then your past till it come cleane from the bottom of the skillet then torce it

To make Conserue of any fo this fruits

when you haue boiled your paste beforesaid ready to fashion upon the plate put it up in gally pots and neuer dry it and that is all the difference betwee Conserue ~~of this fr~~ and past and so you may make conserue of any fruitf this is for all hard bodyed fruits as quines pippins oranges and Lemons

To make Conserue of tender fruits or Berries

To first dissolue your plummes as you deel to make your past strain through the liquor pulpe and all and to euery pinte of that take three quarters of a pound of sugar and so bole it

For the Running of the Reines

Parsnips sliced thinne and boiled in red Cowes milke till thay be all raje taken could morning and euening if you

To keep quinces rawe all the yeare

Take some of the worst quinces and cut them in small pieces and boile them in water untill it bee strong of quinces put in the boiling to euery Gallon two spoonfull of salt as much English honey halfe a pint of white wine uinegar then straine it and when it could ~~it is~~ could put it into a woodden uessel and take as many of your best quinces as will goe into that Liquor then stope them uery close that noaire git into them and thay will keep all the yeare

To preserue quinces

Take quinces and wipe them cleane and core them into a fare plater that you may saue the seeds then take cleare ~~Coun~~ Coundit water and put into a fare earthen pot that is somthinge broad in the bottom that the quinces may lye one by one then put in your quinces with thee kyrnells iellye about them but noe part of the Coyrs for it will make the sirrip bitter Then set them on the fire and let them seeth gently till the quinces be soft and break not then take them out and lay them in a fare dish: and when they are cold pare them but let the kernills and the water seeth a while after the quinces are out then take the water and strain from the kirnells: and to euery pound of quinces put a pint of that water and a pound of fine beaten sugar: and put the sugar into the liquor and stirr it well untill the sugar be melted then let it seeth and when it hath sodden a while and is coumed put in your quinces and let them seeth very softly a good while till they be red for with long seething they wilbe red of themselues you must turn them often that they may be all one colour and when you think they be red enough skinne them clean and if they be cold put them up

up drop of could water amongst it then set it of the fire on
scoume it then boyle it to a candy height that is when ~~that is~~ it will draw
like a thrid betweene your finger and your thumbe then poure it seething
hot into your panne amongst your fruits set it upon a cushion in ~~amon~~ a warme
Chimny Carner and Couer it close with a Blanket on the morrow poure out
all the surope that will roun from it and then set your warme place againe
to dry pricke up your wiers take of all the fruits and lay them on papers
to dry then boxe them

To Candy Eringoe Roots

Take your Rootes new gathered without knots or Joynts boyle
them tender in fare water let your water boyle before you put them
in ~~fare~~ then pill them slit them and pith them and wash them ~~it~~ in
two or three faire water dry them with afore Cloth and plat them then
take twice so much as thay weigh and refine your sugar and boyle them in the
one halfe till thay be tender and Cleare make your ~~hat~~ surrup furst with
Rosewater and halfe with the other half of your sugar and boyle your sugar to
amanus Christi that is when it will draw as fine as the haire of your head then
put in your Roots againe and boyle them and shake them in a Basom till thay be
Could and lay them ~~to~~ upon papers untill thay be dry

To Candy Suckets orenges Lemmons pome Slitrons
and Lettis stalkes

Boyle them tender in water and then Candy them as you
did the Roots aforesaide

memorancy
1666
2 Dooo34
mea Culpa

To Candy Flowers after another fashion used in Spaine

Take what Flowers you will and picke of the leaues frome the Flowers ~~as many~~ and make surrup of sugar and put in the Blossomes of your Flowers as many as will goe in to the surrup boyle them with stirring untill it be turned to sugar againe set them of the fire and with the bake of the spoone stirre them and bruise the sugar from them and thay will be candied and no sugar seene upon them

To make Lozenges of these Flowers

make a sirrup of sugar as before and ~~and~~ take the blossomes of what Flower you will and shred them on trencher or beat them in a wooden Dish then put in as many as will goe into the sirrup boyle them with stirring untill it will come Clene from the Bottome of the panne and so thicke that it will scarce drop out of your spoone then poure it upon a wet bord and with a wet ~~kinfe~~ spread it a braad not uery thinne when it is allmost Cold cut it in square Lozenges Like Diamonds

To make marchpane Ice it
garnich it and gild it

Take Almonds and blanch them out of seething ~~water~~
water and beate in ~~the~~ astone morter in the beating drop in
a drop or tow of Rose water to keepe them from oyling and now
and then straw a handfull of searsed sugar to bring it to a past when
you haue brought it to parfect paste roll it as thinge as you will haue
it and set an edge about it as about a tart then cut Flowers and
images to garnish it with of the same past then set it on wafers and
then on a pie plate and so put it into an ouen hot anough for manchit and
bake it when it is halfe baked take it out and with the white of egge Rose
water and searsed sugar beaten together as thike as batter for fritters
with a feather see it by spreading it ouer then set into the ouen againe
~~ouen againe and when set it~~ and when the Ice is risen take it out and
whillest it is hot sticke in your doung garnishing Comfitt and when it is
Could gild it ouer in this manner beate the white of an Egge uery short
and with a pensill wet those places you would haue gould when it is ~~dry~~
allmost dry cut out your leafe gould in little ptees and with a Feather
Lay it ~~on~~

Mrs Proctor a tee to Cleans and sweeten
the blood for a forthnight to take
moring noon and 4 a Clock in the affter noon
take y^r sharp dock root in the countrey butter dock
root so called some wild Carrott seed and some
fennell seed Lett be well enfused, you may dry your
roots in the sun and cleen them well and cut them

Oyle of Rosemary flowers

Take Rosemary flowers and stampe them and put them into a glasse wth strongwine and stop it close & sun it 5 or 6 days then distill it with a soft fier & there wilbe both water & oyle to be seperated keep the oyle in a glass this oyle helpeth against inueterate headake though of 7 yeares standing it comforteth the memory & preserueth the eys if you drink now & then a drop or too & put one into the eyes being put into the eares it helpeth those that are deaf it auaileth in the dropsie & yellow jandis it helpeth the colick & rising of the mother it is excellent for those that have drinke poyson or ar infected with the pestilence if you drinke a little thereof and lay you down to sweat It comforteth the heart clenseth the blood and maketh a man merry and causeth a good colour & is uery good for those that haue the Itch or any other scabs in fine it helpeth all diseases that come of cold & moist humors

Oyle of time is made as aforesaid

It prouoketh urine & expelleth the secondin and dead child it procures the uisits in woman and dissolueth clotted blood in the body if you take with oximell and a little salt it purgeth tough & clammy fleame & mundifieth the blood

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To make marmalade of quinces

First take twelue quarts of fine runing water and put to it sixteene pound of quinces well pared and coared and quartered into foure parts and put to them eight pound of sugar and let all this seethe softly till it be more then halfe sodden away Let them be close covered or else they will not be red when you see them of a good colour breake them with a spoone and boile them till they come to marmalade you may dissolue a Rt muske or a little Ambar greece in some Rosewater and put it after the boleing to giue it both a fine tast and smelle when it begins to cleane to the spoon then take it from the fire and fill your Boxes and with a feather strike it ouer with Rosewater

To preserue grapes Barberies or gooseberries

Take as much sugar as they doe weigh and some what more and boile it verie fine then take your preserving pan or skillet and lay a bed of sugar and a bed of fruit till you haue laid all then take fine or sixe spoon full of fare water as much as will wet the bottome of the pan and boile them as fast as you can untill they be cleare then boile the surup untill it will button upon the side of a dish and it tis enough then put them up in pots

To make Cleere Cake

Take plummes of any sort but Raspices are the best put them in to stone Jugge into a pot of seething water and when thay are dissolued. straing them throw a faire cloth and take to euery pint of that a pound of sugar put to the sugar as much water as will melt it to a candy height boile the liquor likewise in another panne by then put them seething hot together boile them a little to gether with stirring then put them in glasses made ~~with sti~~ like marmalad boxes and set them in a warme ouen or stoue in drying heat let them stand so fortnight or three weekes and neuer be could and remoue them from one place to another while the could places are heating that thay may not be could thay will turne in a weeke beware you set them not too hot for that will make them tough and so euery day turne them untill thay will be very well candied with out and with in

To Candy the Cleare Rock Candy

Take Spices of flowers or any dry sucket or any Fruits after thay are presarued and dry againe Lay them upon round wiers in ~~a pann~~ an earthen panne the panne being narrow at the bottome, and broad at the top and take as muche sugar refine or Brasill powder you must nether take barbary sugar nor maderous thay are too fat put it as much water as will melt it that is halfe a pint ~~to~~ euery pound and som thing more and when your sugar is melted take the white of Eggem ~~[illegible]~~ and doxen spoonfull of fare water beate them too gether in a Bason with a Birchin rod till it come to a froth then put the froth of Egg into the hot surrup set it on the fire agane and when it Boyles ~~it~~ and rise ~~the fire agine and when it boyles~~

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Being Drunk with wine it is good it is good for those that are falling into dropsies & for those women that pisse with much difficulty drop aster drop it is good for those that haue paines and gripins in the belly & prouokes womens naturall sicknesse

Oyle of mint

It is most profitable for the stomack & being drunk with umigar it stayeth the uomiting of blood and killeth the round worms & causeth good disgestion being drunk with some conuenient potient it auaileth much against the gri-ping paine of the colick & stoppeth the ouer much flux in women being drunk with wine it easeth wemen in trauell & is singular good against the grauill in the kidnes & against the strangury

Oyle of hempseed

If any one drink one ounce of this oyle at a time it maketh him pleasent & merry it is profitable for women it makes them merry and comely to see to and maketh souldiers couragious it is made as the oyle of Linceed

A powder for a stich

For a woman

A Powder for a stitch

for a man the Leaues of shee Holly for ~~a man~~ a woman of hee Holly dry them and powder them and put there of into your drinke or broth

To make Aqua mirabilis

Galingale Cloues quibibes Ginger meldit Cardemom maces Nutmegs anaʒi of the Juices of Celandine ʒiii powdar the spices and adde thereto Aqua vitae one pinte and white wine three pints then put them all in a Stillatory of Glasse and Let them infuse all night and in the morning distill it with and easie fire this water helpeth much the Loungs and healeth them if they be much wounded of perished it Suffereth not the Bloode to putrifie so that ther shall be no need of phlebotomy it is good against phlgme and Melancholy and expelleth Rucame mightily and purgeth the stomack it Comforteth youth in his owne estate and

To make A Pretious water

Cloues Cinamon ana ℥ iii mastick mace. Campheire ana ℥ ii beate all this to fine powder and let them stand in fine sponfull of good whitewine vinger the space of foure and twenty houres then put it into a pottle of good Rose water and so Let it stand two dayes in some warme place then put there to three quarters of a pound of good hard sugar and distill it with a gentle fire this water is pleasant and good for the mouth it perfumeth the Breath being gargarized in the mouth wash the Face and hands there with and it will cleare the skine and all much Buty to them and it will if you sprinkle a toste of wheaten Bread with three or foure drops of this water and eate it a few Night togethe Last to Beeclaard it will make the Breath very sweet

To mak Mutheglin

Gather

To Make A Rague of Sweetbreads or Mushroons

tak Some butter and Set it Over ye fire with a Slice of fat Bacon
And Let it be brown then through in a Little flower into yr butter
Shaking it till it be brown then put in your Sweetbread tossing em
A Little While then put in Some in broath Season it with Spice
Such as for yr fricasy With Salt mince ~~it a~~ Little onyon Small
and Little parsly and throw in with ½ a Lemon So Lett them Stew
till they be thick So Serve em instead put in Gravy if you
have it you must Set yr Sweetbread over the fire and Let em
boyle up and pull of ye Skin Cut em into Little pieces before
you dress them

Mrs Warpoole for the Stone

take turnups and paire them Slice them thine
not to much watter Power them with watter and Soe lett them Stwee
when the Liequore begins to be Strong of the
turneups Squege the turnups and keep the Liequor
and take five Spoonfulls at a time morning 4 a
Clock in the afftersoon and goeing to bed

To presarue Aprecokes

Take a pound of aprecokes and stone them scald them untill thay will plasc to pill then take a pound of suger beten small and put it upon the aprecoke as you pill them and soe lett it lye upon them untill it be melted and then boyle them up and let them stand till thay be could

To presarue Cheares

Take Cherres a stone them ~~put~~ then put them into a thing and couer them close then sett them into scelet of water and keeping it with boyle inge untill the juce be clear then strane it and take 3 quarterne of sugar and put in bor 7 spounfull of the same juce with a littett water then boyle them and scume them then put put in a pound of stonde cheres and boyle them very fast and as thay boyle put in another quatter of sugar and soe let them boyle till you thinke thay be ennut so let inge them coule put them into your glassis

mrs warpoole ressett for sore breast

take some turneups and boyle them soft make a poltest of them and laye them to the sore as warme as ye can well beare, ore upon the plasse greued when it is well drawen lay one a plaster of de a pallma

to fry oysters

Beat 2 eges with a little bread
nutmeg and peper and salt dip in
your oysters and fry them brouh
with freash butter

laid into MS. Codex 252
between pp. 288-289

A good resset for Brewing of Drink

wee boyle as much watter as wee thinke will wash a sack of malt that his 4 bushells to make the quantety of a Kilderkine allowing soe much as you think will waist in boyleing and working soe when the watter boyles wee take it and put it into a tub and let it stand Boyle a very littell before wee put the malt then Sture it very well together but you must keep out soe much as will couer the topp soe then when it his covered with malt wee couer it eather with a Lidd ore Sacks as wee have conueneces and let it stand 4 howers then Drawye 3 ore 4 dithes full out and pour it upon the top all ouer the malte soe when it runs clear wee rub the hopps into the tubb that the wort ~~wee~~ runs into soe as the tub fills put it into the Copper and when all his in let it boyle two howers ore till it curds and Setteles fast but when the furst wort his run off wee put watter one for the second drink which wee had boyed while the furst stood one wee had it in a tub to coole more the furst and while the furst worte his boyleing it stands one the Graines then wee put some fresh hopps to the second and those that comes out of the furst and boyle and boyle it to your one derection wee Gennerealy have about 3 ferkins of the beast worte unboyld for wee think it waist one third in boyleing and working soe when it his cold wee put yest to a payele full ore to and when it works

Over ye Dish fir we set A Dish in ye Tab with A Bout a quart of ye Cold wort
mixt with ye yest then we yn we Beat it all together with ye palfuls
So when we se it works put in a palfulls more And beat it And ye
next morning put in All And Let it work Some time 4 or 5 Days
ere we tun it we put A Bout ¾ of A ℔ of hops to ye first A Bo ¼
of ℔ to ye 2d And ye Boyld hops to ye 2d and 3d we make ye Same
Quantity of ye 2d and 1st and if you mix ye 2d & 3d together
ye Same quantity but if you keep em Sundry but ½
the quantity of ye 3d.

Mrs Warpools ressett for a paine in the side
ore ells whaire in the body

take Burdock roots Scrape them Clene and Slice them Soe
drye them well that they will powder and take as much as will
by upon a Shilling in a Glasse a wine ore warme alle at any
time a day

To Make a plain Cake

Take three pints of flower 6 Spoonfulls of Cream and pound of Butter melted with ye Cream then Take 6 eggs & of ye whites taken away Beat y^m with a Spoonfull of Rose water mixt altogether y^n worke in 6 Spoonfulls of ale Barm and Let it To The fire for ½ an hour then put in ½ lb of Carraway Comfits and Set it in The oven for 3 quarters of an hour

To make a plum Cake

Take 3 quarters of flower 5 eggs Beat y^m very well & a pint of Cream a pint of sack put in 2 nutmeggs Cloves and mace Cinamon put in a gill of Sack and biskit grated 2 oz of Candied Lemon orang ½ lb of Courans 1 of Raysons Stoned and Shred one lb of butter you must Knead butter and quarter of flower by it Soft you must beat it Your Spices well Together Set it By the fire and Let it Rise then Crimbal your dough with that that is Knodden into it then put in ye fruit with Lemon and ½ lb of Loaf Sugar finely Beaten when you Knaded it up again put in a garth Let it Stand in the oven our and ½ Mrs HARRIS'S

A resat against the Hoyes +

2 hanfoles of dwarfe Elder or den wed: won hanfoll of heted another of broum boole all thes in Leker asted of hoyes strened from the Leker and Let it worke and then botel it about 2 galons and Drenke it

To Triasy A Rabit

Wash your Rabit very well in A good Deal of water yn Cut it in to pieces and Lay it Steep in venegar ¼ of an hour yn put it in to yr frying pan with A good piece of Butter Some milk or Cream Some Shread parcely ye Leaves Boyled and Brunse Some whole pepper A Little nutmeg Some Lemon peepe Shread an anchovy or 2 as you please Some pickle Cowcumber Shread when tis Done enough if it Be not thick enough ye youlkes or 2 of an egg wrung in Some Lemon — — — — — — — —

to make the best sort of Bengemen water
take of Storax tow ounces: muske Codadram: of bengamin three ounces: Spiret of wine a quart see Lett all these bee put in to a glase of tow quarts then put it in to the Sun and in a fortnight time it will be for yous

to make a smalar sort: bengemen 3 ounces: Labdenum tow ounnes: Cinamon halfe anounce: Spiret of wine a quart pris eighten pente put it in to glas of 2 quarts Stope it Close set in the Son & in a fortnights time it well be for yous

yot halfe a pint of englishe to quart be in Sheyar
benigmen anouns 3 yens: Storex anouns 6 yens:
Labdenam anouns on yenng: Senemon halfe
anouns 3 yens: muske Codadram 6 yens
Cothannele aletel to yout in: Mr Ellis maker

the Spirit at Cayton wards at hol born
Condet

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k h

I haue now in my hands 5 pound in seluer and 2 ginnyes Janawary 31 1666 mistrls Alse had 3 pound of this monny the 22 of march 1666

3 0 0
1 0 0

mayo 14 1677 shds mor won pound

June th 20

— 0 — 10 — 0

mrs Alse had —

my

now I haue now in hands ~~a ginnes~~ and 10 shisings

Mary Madcap

Mar

mary on ~~[illegible]~~

tis your fault &

2 2 2 2 2
2 2 2 2 2

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to make the best sort of
take of Storax tow ounces
of wine a Quart see
Quarts then put
it will be for you

to make a smalar sor
Cinamon halfe anou
put it in to glas
& in a fortnights

pot halfe a pint of en
benigmen anouns
Labdenam anouns
anouns 3 pens:
Cothannele aleto

the Spirit at
Condet

Jam

Mary

for a carte 0 4 0
for a porter 0 2 3
for a letter ~~[illegible]~~ 0
for a porter for 1 Imo
caring a boxe 0 0 6
for caring a letterin
to the outlet baly 0 0 3

mary on

~~[illegible]~~

tis your fault &

Mmy

1 2 2 2

Mary

2 2 2 2

2 2 2 2 2

M Mary 2

2 2 2 2 2

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